

The Morning Calm Weekly

Volume 3, Issue 36

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July 1, 2005

Area IV Soldiers conduct live-fire exercise

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Seoul Land offers thrills, family fun

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The Morning Calm Weekly will not print July 8. The next issue will be July 15.

Monsoon season yields potential fury

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Every year Korea experiences seasonal rains called monsoons. The power of nature's fury has arrived once again. From June to September U.S. servicemembers can expect rainfall to have a severe impact on military operations.

Officials said people have good reason to respect monsoon season.

In 1998, four U.S. Soldiers, and more than 300 Korean civilians, were killed during monsoon season. United States Forces Korea suffered \$242 million in lost or damaged property.

In 1999, a 2nd Infantry Division Soldier died in a Warrior Country flash flood. The rains of 2000 caused severe floods at Yongsan Army Garrison in Seoul. Damage was extensive.

"Some seasons are heavier than others," said William Kapaku, the civilian executive assistant for U.S. Army Garrison, Camp Red Cloud. "Over a period of time people tend to forget, and with the turnover of our troops, some



DAVID McNALLY

Soldiers from the 122nd Signal Battalion conduct a full dress-rehearsal Monday for a change of command and inactivation ceremony at Camp Red Cloud. The ceremony happened Tuesday.

have never experienced monsoons."

In Korea, it is possible to have more than 20 inches of rainfall in a 24-hour period.

"The key is awareness," said Jeff Holbrook an operations officer for

Installation Management Agency, Korea Region Office. "Ironically, we go through a personnel transition this time of year."

Many people come to Korea that have never been here before and know nothing of the dangers caused by a storm."

Holbrook said many newcomers have no idea of the mountainous nature of Korea and the serious consequences of heavy rains in this type of topography.

"Last year was a mild monsoon season," Holbrook said. "However, we know from the 1998 flooding how damaging the rains can be."

Monsoons and typhoons, during a 30-40 day period, account for more than 50 percent of Korea's annual rainfall. However, U.S. military officials have a plan and people on installation staffs have parts to play.

"We execute the plan in phases," Kapaku said. "Phase one is preparation and planning. We have been doing that since April."

In phase one, workers clear debris from ditches on the sides of roads and stream beds on installations. They fill sand bags, and store them - just in case. Commanders conduct periodic risk assessments and identify potential problem areas. Key staff members

See **Monsoon**, Page 3

8th Army transformation on schedule

Eighth U.S. Army Public Affairs

YONGSAN - Eighth U.S. Army confirms administrative measures taken to transform, continue troop reductions and consolidations while enhancing capabilities for its deterrence mission in the Republic of Korea.

The changes undertaken by the 8th U.S. Army support the over-arching effort to consolidate U.S. Forces in Korea into two main hub locations south of Seoul by 2008.

The transformation of the 2nd Infantry Division into a UEx, or unit of employment, the formation of its heavy brigade combat team, and the formation of the Multi-Function Aviation Brigade required several units to inactivate, reorganize or consolidate into the new organizations.

While the changes were anticipated, public confirmation required completion of a formal Host Nation Notification to the Republic of Korea Ministry of National Defense and the Ministry of Foreign Affairs and Trade.

Changes in Ground Forces

The 2nd ID will transform into a unit of employment under a new modular structure with their 1st Brigade

being reorganized into a heavy brigade combat team.

A UEx is a senior tactical headquarters with war fighting as its primary function. Across the entire U.S. Army, Corps and Division headquarters are being transformed into as many as 13 new organizations called UExs, eliminating one intermediate level of command.

A heavy brigade combat team operates at the tactical, or engagement level of warfare and is typically attached to a UEx.

Once a division-centric organization, the U.S. Army is transforming to a brigade-centric model that enables it to increase the number of combat brigades from 33 to 43 or more by reallocating personnel and equipment.

Changes in Aviation Forces

The 17th Aviation inactivated June 16. Its remaining elements were consolidated with the 3-6 Attack Helicopter Battalion from the 6th Cavalry Brigade and were designated as the 2nd Aviation Brigade, assuming a new "multi-functional aviation brigade" structure. The 2nd Aviation Brigade activated June 16.

The transformation by Eighth Army units to modular organizations enhances the capability to perform its

See **Transformation**, Page 4

USFK switching to commercial flights starting Oct. 1

Special to The Morning Calm Weekly

Following through on an announcement made in February, Air Mobility Command officials said that the Patriot Express, a transit system that brings the majority of U.S. troops to South Korea, will cease flights to and from the peninsula as of Oct. 1.

The air service's other flights, carrying official travelers to other assignments in the Pacific and Europe, will be dramatically scaled down during the next few years, as well.

"The real issue boils down to the financial support of a mission that didn't generate the customer base to support it," said Gen. John W. Handy, commander for Air Mobility Command and U.S. Transportation Command.

As of Oct. 1, servicemembers will enter or leave the Republic of Korea aboard commercial flights through Incheon International Airport.

Letters to the Editor

Dear Editor,

I wrote this after 9/11 but I recently revamped it. It has never been published and I would like to dedicate it to all military and civilians (and family members) who serve their country – but especially the military folks.

Joseph J. Youngblood

OLD GLORY

Lifted up on wings of Eagles,
Held high by God's great hand
Old Glory waves on proudly,
Proclaiming freedom thru our land.
Equality and justice are the truths
for which she stands.
Old Glory still waves on

Born from our quest for justice, she
has told us we are free.
Wounded by the cowards strike, she
withstood the tyrants' heel.
She flies above the martyr's blood of
a thousand battlefields,
and weeps a flood of bitter tears for
those who fell at home.
Yet through loss of loved ones dear,
or pride of hero's deeds
On foreign shores and at home
Old Glory still waves on

She was with the founding fathers in
the cold of Valley Forge.
She was there at Appomattox, and
again in two world wars,
In the canyons of the cities and the
amber waves of grain,
In the brilliant light of freedoms fight
our Glory shall remain.
Passed to us by our fathers, and
held in sacred trust,
every generation has given her their
best.

(Editor's Note: Due to space constraints, the poem could not be published in its entirety. For a complete version, contact Youngblood at Joseph.j.youngblood@korea.army.mil

Commander salutes modern-day patriots



America declared its independence July 4, 1776, and in that bold announcement established a nation based upon the tenets of democracy, equality and freedom.

For more than two hundred years, freedom has had a home and a defender. Today, America's message continues to inspire and motivate humanity with the

basic principles that all are created equal and are meant to be free.

Every year, in response to that message, hundreds of thousands of people from around the world willingly and joyfully join our wonderful national melting pot so that they too, can call themselves "Americans."

Like the patriots of 1776, the present generation of men and women serving in our armed forces are among the most courageous of our nation's citizens.

American servicemembers always have been guardians of liberty. Millions worldwide now enjoy security, prosperity and well-being because of the dedication and willingness of our modern-day patriots to place the needs of others ahead of their own. Reminiscent of the Minutemen before them, the valor and resolve of today's fighting forces are an inspiration for all generations of Americans.

As you celebrate over this holiday weekend, take a moment to reflect on the courage of our original freedom fighters. They were the first idealists, the first to articulate what America was and what it would represent. They established national ideals that continue to motivate and resonate today. We honor them.

On this Fourth of July, I salute the members of the United States Forces Korea. It is through your personal efforts that American patriotism remains a living faith. Your enthusiasm and commitment are as deeply rooted as our original founding fathers'.

Through your hard work, the citizens of the Republic of Korea continue to enjoy the freedoms of democracy, peace and prosperity.

GEN Leon J. LaPorte
Commander, UNC/CFC/USFK

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military Police were notified of an assault consummated by battery. Investigation revealed that a Soldier grabbed another Soldier around her shoulders with both hands and pushed her against the wall, then began to shake her, causing her head to hit the wall. He then grabbed her by the throat and began to choke her. When he released her and turned his back, she escaped and fled the scene to an unknown friend's residence. The assaulted Soldier rendered a written sworn statement attesting to the above incident and the suspect was escorted to the MP station by his unit, where he was advised of his legal rights, which he invoked, requesting a lawyer. The Soldier was further processed and released to his unit. Investigation continues by MPI.

■ Military Police were notified of an

assault. Military Police investigators revealed through investigation that a Soldier and his spouse were involved in a verbal altercation that turned physical when the Soldier pushed his spouse to the floor and struck her on the back of her head three times with an open hand in their off-post residence. She then escaped and fled the scene to an unnamed friend's residence where the Korean National Police were telephonically notified. Prior to the arrival of KNP and the MPs, the Soldier fled the scene on foot. When the Soldier returned his spouse telephonically notified the MP station a second time. Upon arrival of the KNP and MPs the Soldier was placed under apprehension and transported to the MP station. He was then transported to a local medical facility for a command-directed blood alcohol test, with results pending, and treated for minor injuries consisting of a small bruise to his right forehead and small abrasions to the neck region. He was then transported back to the MP station where he was not advised of his legal rights due to his

suspected level of alcoholic intoxication and then released to his unit. He was later advised of his legal rights, which he waived and rendered a written sworn statement admitting to the above incident. Investigation continues by MPI.

■ Military Police were notified by United States Army Criminal Investigations Command of a larceny of government property. Preliminary investigation revealed person(s) unknown entered a connex and stole two Dell laptop computers containing classified information. The missing laptop computers were stored in a cardboard box, which was left unattended and unsecured. USACIDC coordinated with military intelligence, who agreed to conduct a joint investigation with the USACIDC. The loss to the government is approximately \$5,138 in U.S. currency. The risk of compromise to classified data was assessed as minimal. Investigation continues by the USACIDC and military intelligence.

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SUBMISSIONS OR COMMENTS:

Phone: DSN 738-3355

Fax: DSN 738-3356

E-mail: MorningCalmWeekly@korea.army.mil

Morning Calm

Installation Management Agency-Korea Region

Director/Publisher

Brig. Gen. H.T. Landwermyer Jr.

Public Affairs Officer

John A. Nowell

Editor

Staff Sgt. Mark Porter

Area I

Commander
Public Affairs Officer
CI Officer
Staff Writer

Col. Jeffery T. Christiansen
Margaret Banish-Donaldson
David McNally
Spc. Stephanie Pearson

Area III

Commander
Public Affairs Officer
Staff Writer

Col. Michael J. Taliento Jr.
Susan Barkley
Roger Edwards

Area II

Commander
Public Affairs Officer
CI Officer
Staff Writer

Col. Timothy K. McNulty
Steve Davis
Alex Harrington
Sgt. Christopher Selmek

Area IV

Commander
Public Affairs Officer
CI Officer
Staff writer

Col. Donald J. Hendrix
Kevin Jackson
Galen Putnam
Pvt. Park Kwang-mo

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President: Charles Chong

Commercial Advertising

Telephone: 738-5005

Fax: (02) 790-5795

E-mail: oppress@kornet.net

Mail address: Oriental Press,
PSC 450, Box 758, APO AP
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Support and Defend

NEWS & NOTES

509th PSB Helpline

The 509th Personnel Services Battalion is now offering a call-in service for personnel questions regarding redeployment orders, promotions, clearing and more. On post, call 550-4747. Off post or from a cell phone, call 0505-724-4747.

The line operates from 6 a.m. until 9 p.m., Monday through Friday. After hours and on weekends, callers may leave a message and will be contacted by PSB staff when the office reopens.

Combined Joint Staff Seeks Narrator

The Secretary Combined Joint Staff is seeking a command narrator. The narrator performs duties for all UNC/CFC/USFK Honor Guard and Award Ceremonies. The narrator must possess the ability to speak English clearly. Bearing, professional image and ability to quickly adapt to changing situations is a must. The ability to communicate with foreign dignitaries, general officers and distinguished visitors is essential. The narrator position is open to O-1 through O-3 and E5 through E7. Interested personnel may contact Maj. Floyd, at 723-5227 or Sgt. Maj. Shirley Garrett, at 723-3615 to set up an interview.

Electronic Documents Available thru myPay

In support of the President's Expanded Electronic Government Initiative, the Defense Finance and Accounting Service will provide Wage and Tax Statements and Leave and Earning Statements in electronic format for military and civilian personnel who view their pay data on the myPay Web site. Eliminating hard copies of these paper documents and providing electronic copies through myPay will save several million dollars and decrease the risk of identity theft.

Therefore, effective Friday, all military members and Department of Defense non-bargaining unit civilian employees with a customized PIN, who access myPay are consenting to receive only an electronic W-2 and Leave and Earning Statement.

Reserve CGSOC Instructors Wanted

Instructors are being sought to teach the Command and General Staff Officers Course in Yongsan. Applicants must be an Army Reserve Soldier, hold the rank of major or lieutenant colonel, be MEL4 qualified, be willing to transfer to the 4960th MFTB, and meet the Army height and weight standards. Interested personnel should contact Lt. Col. Dennis Davenport at 723-4394.

Correction

In last week's edition a Page 1 teaser for a story on the Expert Infantryman Badge was misidentified. We regret the error.

Troop Command changes leaders

By Sgt. 1st Class Patricia Johnson

8th Personnel Command

YONGSAN — Lt. Col. David L. Ward assumed command of United States Army Troop Command Korea from the outgoing commander, Lt. Col. Paul L. Legere, in a change of command ceremony on Knight Field, June 23.

"It's always uplifting to see Americans and [Korean Augmentation to the U.S. Army] Soldiers standing side by side in the same formation, just as they have for over 50 years," said Lt. Gen. Charles C. Campbell, 8th U.S. Army commander.

Campbell was the reviewing officer for the ceremony and passed the guidon from Legere to Ward. In his remarks, Campbell said "American and ROK soldiers on the ground are the ultimate instrument of national resolve and are the centerpiece for the ROK/U.S. alliance. The USATC-K is a diverse and talented team; a team of Soldiers whose duties, mission and accomplishments are important and varied."

Prior to this command, Ward's last assignment was as the senior intelligence trainer for C Team, Battle Command Training Program, at Fort Leavenworth, Kan. He joins the USATC-K team with his wife Mary and two daughters.

At the ceremony Ward said he has a reputation for getting the job done and caring for Soldiers.

"I truly relish the opportunity to lead one of the largest battalions in the U.S. Army," he said, "thoroughly integrated with the sons of one of our strongest allies and forward deployed on the frontlines of freedom."

In his farewell remarks to the unit Legere, who leaves USATC-K to become the director of Public Works for Area



SGT. 1ST CLASS PATRICIA JOHNSON

Lt. Gen. Charles C. Campbell, 8th U.S. Army commander, passes USATC-K colors to its new commander, Lt. Col. David L. Ward. II, said, "If you are looking for the finest of American and Korean youth, and the future of our Army, then look no further than this formation. They represent the very best in our Army, and two nations."

USATC-K provides command functions to Headquarters, United States Forces Korea and Headquarters, Eighth U.S. Army, as well as providing the U.S. Army Element Commanders to the U.S. Army Elements of the United Nations Command, Combined Forces Command and United States Forces Korea. During transition to hostilities, Troop Command plans, coordinates and executes transition to war operations for HHC, USFK and HHC, 8th U.S. Army.

from Page 1

Monsoon

update alert rosters, so they can react when the weather turns sour.

- Planning
- Warning
- Destructive weather
- Post-destructive weather recovery
- Lessons learned

"If there is any lesson the flood of 1998 taught us, it was to do everything humanly possible to prepare for monsoon season," Kapaku said.

Weather advisories or warnings trigger the warning phase. In Seoul, the Installation Management Agency,

FLOODCON WARNINGS

Level 1: Initial flood readiness condition is declared by the garrison or area commander at the beginning of flood season.

Level 2: Probable flooding, a warning and alert condition. This level indicates a potential for more than 5 inches of rainfall in 5 hours.

Level 3: Flooding is imminent. The condition is declared when forecasters predict 2 inches of rain in 1 hour, or more than 4 inches in 6 hours.

Korea Region Office, forms a destructive weather response team. Area commands then go into action.

During emergency conditions, the action phase of the plan goes into gear. Area commanders account for their people and respond to conditions.

This means manpower placing sand bags, controlling traffic, relocating equipment, performing search and rescue operations, and evacuating and sheltering victims.

Heavy rains create hazardous conditions. There are dangers from lightning, reduced visibility when driving and hydroplaning. However, possibly the most serious danger comes from flash floods.

"In 1998 we had a major catastrophe at Camp Stanley," said Kapaku.

The infamous 1998 floodwaters weakened part of the mountain that

overlooks Camp Stanley. The terrific weight and power of the water sent mud, rocks and large boulders crashing down the mountainside.

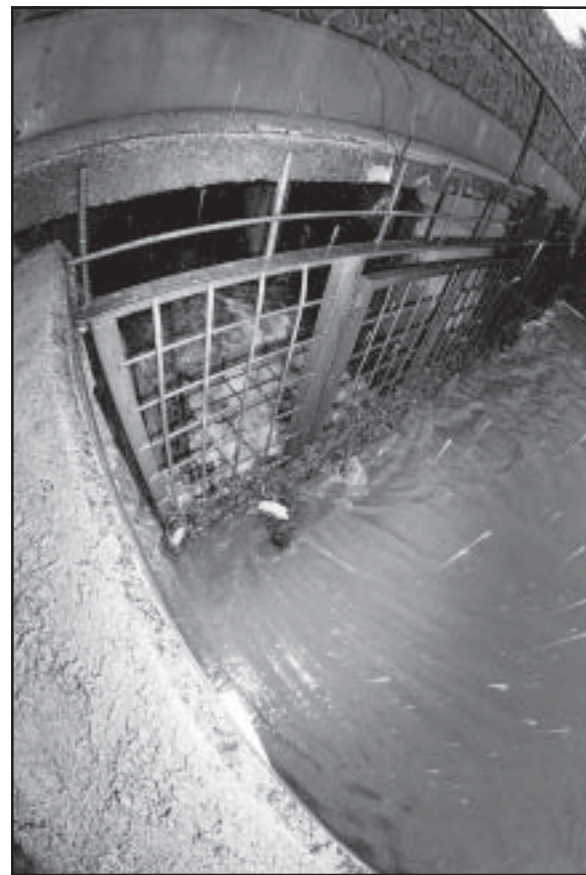
"It was very humbling to see part of the mountain collapse," Kapaku said. "The boulders blocked the upper ammunition holding area."

The 2nd Infantry Division reacted immediately by sending a Camp Howze engineer platoon to clear the debris, and to reopen access to the ammunition.

In the post-destructive weather recovery phase, officials assess damage. Area commanders integrate key staff members to assist in disaster assistance. Units immediately move to clean up the aftermath and to minimize health hazards.

"We know the power of what happened in 1998," Kapaku said. "That was when we were unprepared that we suffered the most damage."

Kapaku said his people are now constantly prepared for the worst. This is because of lessons learned from past disasters — lessons that were hard earned.



DAVID McNALLY

Heavy rains leaves 4 inches of water streaming through the Camp Red Cloud floodgates Monday morning.

Paperwork key to bringing foreign spouse to America

By Jeffrey S. Tunis
U.S. Embassy Seoul

This is the third installment of the series, “Bringing a foreign spouse to America.” Prior installments described the first step of bringing a foreign spouse to the United States by filing an immigrant petition. This article will describe how a foreign spouse can apply for the Immigrant Visa (IV).

YONGSAN GARRISON – The Immigration and Nationality Act of 1952 and subsequent legislation make the Department of State responsible for visa processing at U.S. Embassies overseas.

After the Department of Homeland Security U.S. Citizenship and Immigration Services approves your spouse’s (beneficiary) I-130, “Petition for Alien Relative,” it is then sent back to the Department of State consular section where the beneficiary will apply for an IV.

If your beneficiary is in Korea, the U.S. Embassy consulate will receive the approved I-130 from the Department of Home Security and enter it into their database. Afterwards, the State Department will e-mail or mail the IV instructions to the beneficiary.

The responsibility for applying and qualifying for the IV rests solely on the applicant. Both the Department of Homeland Security and the State Department must carry out regulatory, not assistance, roles.

Since the U.S. Embassy in Seoul processes nearly 2,000 new visa applications each day, the staff is not able to offer personalized telephone or internet guidance to individual IV applicants. Nor do they have the legal authority or resources to see that beneficiaries qualify

for visas. The information the embassy staff provides on IV is straight forward, by-the-numbers and well over 95 percent of all applicants in Seoul qualify.

The embassy immediately starts the internal clearances after receiving the approved I-130. Korean staff members perform most of the administrative processing and customer service.

However, the beneficiary is responsible for gathering all required forms and documents, such as:

- Medical examination – the Department of Health and Human Services authorizes five Korean hospitals to conduct the physical exam. It takes two days and costs approximately 25,000 won

- Vital records – you will need vital records like birth, adoption, divorce, marriage and death certificates. Koreans have this information on their family census register. Logon to <http://travel.state.gov/visa/reciprocity/index.htm> for information

- Affidavit of support (I-864) – the I-864 provides evidence of the petitioner’s ongoing income after the beneficiary’s arrival in the United States. Usually a Leave and Earnings Statement showing continuing service, and the last three years of federal tax returns. If you don’t have the last three years of your tax return, immediately logon to: <http://www.irs.gov/faqs/faq-kw133.html>

- Police clearances from countries where the beneficiary lived after age 16. See <http://travel.state.gov/visa/reciprocity/index.htm> for details

- Complete, accurate English translations of any foreign language documents

See **Visa**, Page 13

Transformation from Page 1

deterrence mission in the Republic of Korea by making them more quickly deployable, flexible and lethal than currently structured.

2ID Transformation

The transformation of the 2nd Infantry Division into a UEx, the formation of its’ heavy brigade combat team and the formation of the 2nd Aviation Brigade requires several units to inactivate, reorganize or consolidate into the new organizations.

- Headquarters and Headquarters Company, Division Support Command at Camp Casey (Inactivated June 15);

- 2nd Battalion, 72nd Armor, at Camp Casey (Inactivated June 15);

- HHC, 122nd Signal Battalion at Camp Castle (Inactivated June 15);

- HHC, 2nd Engineer Brigade at Camp Castle;

- 2nd Engineer Battalion at Camp Hovey (Inactivated June 15);

- 102d Military Intelligence Battalion at Camp Essayons (Consolidates to become the support battalion of the 2nd Infantry Division (UEx);

- 8th Personnel Command inactivated and was absorbed into the Eighth Army staff.

For each of these actions, a Host Nation Notification was completed. A formal notification process is applied by the United States to notify the Republic of Korea when a battalion-sized (or larger) unit departs. Following the ROK-U.S. agreement to reduce 12,500 troops by 2008, plans were initiated to outline the details. Once approved by the U.S. Under Secretary of Defense (Policy), USFK formally notifies the ROK Ministry of National Defense and the U.S. Embassy in Korea formally notifies the Korean Ministry of Foreign Affairs and Trade.

These administrative actions keep the Eighth U.S. Army on track to meet the scheduled troop reduction of 8,000 by the end of 2005. The troop reduction plan, part of the ROK-U.S. agreement, is split over four years: 2004, 5,000; 2005, 3,000; 2006, 2,000; and 2007-2008, 2,500. Personnel and equipment needed to form the new organizations will remain in the Republic of Korea.

AD
GOES
HERE



COMBATIVES TRAINING TOUGHENS WARRIORS

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP RED CLOUD — Sixty of the 2nd Infantry Division's toughest warriors gathered at the Camp Red Cloud Physical Fitness Center June 22 to hone their ground-fighting skills in the Modern Army Combatives, Level II training course.

"The course teaches basic ground fighting techniques like arm bars and choke holds," said Sgt. 1st Class

Lorenzo Luna, class instructor. "The focus is on how to overcome a bigger and stronger opponent."

Luna said the program concentrates on three phases of basic fight strategy: close the distance to the opponent, gain the dominant position and finish the fight.

"To finish the fight, you want to subdue the opponent by choking him, breaking an arm or shooting him," Luna said. "That is what's so effective about these moves — you can always apply them. These are real-life moves, and realistic training promotes combat readiness because you become confident knowing you can defeat any enemy."

Sgt. William Tannler, 501st Military Intelligence Battalion, agreed.

"It's building a lot of confidence for me to be able to close with an enemy, fight and actually have a chance of winning," he said. "If you're going to be deployed, this is must-do training."

Tannler said it is one of the best fighting programs he has seen.

"Before joining the Army, I studied martial arts for four years," he said. "This is more practical than anything I did then. It's very hard, though; I've been through a few Army schools, and this is the most physically demanding."

According to the training handbook, the program began in response to the need for a realistic hand-to-hand combat fighting technique. A committee was formed in 1995 to explore existing forms of martial arts and to develop a base of instruction for the new program. The committee, made up of experienced Army Rangers, found that a program based on Greco-Roman wrestling techniques would be most successful because its basic components were easier to learn and less dependent on size and strength.

With actual combat experience as a guide, the Rangers designed a system using Brazilian-style Jiu-jitsu as a basis for ground fighting. They added the throws and takedowns of wrestling and Judo, integrated the strikes of boxing and Muay Thai, and combined them with marksmanship and weapons training to create a totally integrated system of close-quarters combat.

Combatives training became official Army doctrine in January 2002 with the publication of a new field manual. To spread the new system of

2nd Infantry Division Soldiers learn hand-to-hand combat at Camp Red Cloud June 22.



Sgt. 1st Class Thomas Keglovitz pins down Sgt. William Tannler at the Army Combatives course at Camp Red Cloud.



Sgt. 1st Class Lorenzo Luna, Headquarters and Headquarters Company, 2nd Infantry Division, instructs the Level II Modern Army Combatives class at Camp Red Cloud June 22.



Sgt. 1st Class Lorenzo Luna, senior combatives instructor, shows the class the "Nutcracker" blood choke. The blood choke cuts off the blood supply to the brain, which makes a person pass out much quicker.

PHOTOS BY SPC. STEPHANIE PEARSON

See **Training**, Page 7

NEWS & NOTES

Fourth of July Entertainment

Area I will feature the following free shows over the July Fourth weekend:

■ Shaggy concerts Friday at Camp Stanley and Sunday at Camp Casey. Both shows begin at 7 p.m.

■ Ty England at 7 p.m. Monday at Camp Casey.

■ Camp Red Cloud's Mitchell's Club will remain open until 2 a.m. Sunday and Monday.

Unit set to Move

The 718th Explosive Ordnance Disposal unit will move from Camp Red Cloud to Yongsan Garrison July 13-18 to enhance response capability to all U.S. installations on the Korean Peninsula. The company-sized unit disposes unexploded ordnance found on ranges and post-Armistice ordnance found during construction on installations. Officials said the new location will improve response time to Areas II, III and IV while sustaining the response capability for Area I. During the move EOD capability will be maintained.

Train the Trainer

Area I Equal Employment Opportunity will offer a "Train the Trainer" Prevention of Sexual Harassment class for Korean National employees July 12-14 at Yongsan. Nominate one candidate for every 100 employees. Contact Vivian George at 738-4472.

Commissary Spending Online

All U.S. Forces Korea Members registered in the Defense Biometrics Identification System can now view their commissary spending online at <https://pimsk.korea.army.mil>. Some DBIDS registration information is also shown to assist USFK members in keeping their registration information current. If any corrections need to be made, visit any DBIDS registration center to update information.

Korean Employee Training

The Area I Civilian Personnel Advisory Center will conduct Introduction to Supervision of Korean Employees training in English 8 a.m. – 5 p.m. July 26 in the CPAC classroom on Camp Red Cloud. Those interested in attending must submit form DD-1556 and an Individual Development Plan to Han Kyu-un by July 19. For information, call 732-9060.

Click it or Ticket Campaign

The national Click it or Ticket seatbelt campaign began Monday and runs through July 11. During this time, military police will be stopping vehicles on post to check for and enforce seatbelt usage.

Ration Control Hours

The Camp Red Cloud Ration Control Office's new hours are: closed on Mondays, open from 8:30 a.m. – 4 p.m. Tuesday – Friday. The office is closed for lunch from 1 – 2 p.m.

Weather forecasters strive to be accurate

By David McNally

Area I Public Affairs

CAMP RED CLOUD — To know when bad weather will strike and react quickly to rapidly changing situations is what commanders consider the tactical advantage on the battlefield.

In Warrior Country, the 2nd Infantry Division gets that advantage from U.S. Air Force weather forecasters at Detachment 1, 607th Weather Squadron.

"My forecasters provide me with a 48-hour weather forecast for Area I," said Air Force Capt. Robert Tournay,



DAVID McNALLY

A 2nd Infantry Division noncommissioned officer experiences the first heavy rain of the 2005 monsoon season.

detachment commander. "I get it twice on weekdays and once daily on weekends."

Tournay said he shares this information with the division chief of staff and tactical operations center.

If a chance of flooding is likely, Tournay could bring his forecasters in for 24-hour operations. On-duty forecasters stay in constant contact with the 20th Operational Weather Squadron at Yokota Air Base, Japan.

"They are a hub of weather information," Tournay said. "They have a large number of resources and experienced personnel at the 20th to forecast for the northwest Pacific."

This network of weather units, which includes the 607th Weather Squadron at Yongsan, helps to tailor forecasts for the Korean peninsula. The 20th OWS issues advisories for heavy rainfall when forecasters expect 2 inches of rain in 12 hours, or 5 inches in 24 hours.

"Command Center Seoul relays warnings to my on-duty forecaster, to me and to people at affected sites," Tournay said.

Tournay discusses the warnings and advisories with the division chief of staff and Area I commander. Based on this information, garrison and Area I officials may announce flood condition warnings and appropriate crisis action measures.

"During this time of year we're aware there's a more active weather picture," Tournay said. "I'm confident in the abilities of my forecasters to provide the most superior weather information to the 2nd Infantry Division."

Knowledge is power according to the weather forecaster's mantra. During this monsoon season Tournay hopes his forecasters are powerful.

E-mail david.mcnally@us.army.mil

Finance Soldiers count on new leader

By David McNally

Area I Public Affairs

CAMP CASEY — Warrior Country finance troops welcomed a new leader June 23 in a change of command ceremony here.

Lt. Col. Archie Davis III took command of the 177th Finance Battalion from Lt. Col. Carolyn Sharpe.

"What a great day to be a Soldier," Davis said. "I am humbled and honored to be given the distinct privilege to be commanding a battalion with a great legacy and heritage."

Davis comes to the "Diamond in the Rock" battalion from duty as deputy commander, 336th Theater Finance Command during Operation Iraqi Freedom II.

"To Lt. Col. Carolyn Sharpe, thank you for your gracious support in making this a fluid transition," Davis said during his speech. "More importantly, thank you for your selfless service, and the tremendous contributions you and



PHOTOS BY DAVID McNALLY

Soldiers of the 177th Finance Battalion stand in formation June 23 during the unit change of command ceremony.

your team have exhibited over the past two years support efforts throughout this peninsula."

Davis previously served in Korea as battalion executive officer, 176th Finance Battalion, in Yongsan from August 1999 to August 2000.

"Welcome back," Col. Jeffrey Field, 175th Finance Command commander told Davis. "You are the right commander at the right place at the right time."

Davis made a pact with the Soldiers and civilians of the battalion.

"Know that I come to you with an open mind, a listening ear and a sincere desire to take care of Soldiers and their families," Davis said.

Davis also challenged his new

Soldiers to carry on the pride and tradition they had during Sharpe's command.

"What an honor for me to have been your battalion commander," Sharpe said. "Keep up the good work and continue to serve with pride and passion."

Sharpe leaves the battalion to work with the Office of Institutional Army Adaptation.

During her tenure the battalion provided Soldiers to support the 2nd Brigade Combat Team in Iraq.

"We will continue to provide the best possible pay support to the Soldiers and families of a division that is second to none," Davis said.

E-mail david.mcnally@us.army.mil



Lt. Col. Archie Davis III gives remarks June 23 after assuming command of the 177th Finance Battalion.

Officials commemorate war anniversary

By Spc. Stephanie Pearson

Area I Public Affairs

UIJEONGBU — At about 4:15 a.m. June 25, 1950, North Korea attacked South Korea along the 38th Parallel.

The line served as a border between the two countries.

At 11 a.m., North Korea announced a formal declaration of war, starting what is one of the longest conflicts in history.

Area I and 2nd Infantry Division officials joined Korean and American dignitaries June 24 at Kyungmin College to commemorate the 55th anniversary of the start of the Korean War.

Hundreds of Kyungmin College students filled the auditorium as the solemn remembrance ceremony reaffirmed the Republic of Korea – U.S. alliance.

“We shall never forget the tragedy of the Korean War,” said Hong Woo-joon, president and founder of Kyungmin College. “It is all the more meaningful to have this event today jointly with our friend, the United States.”

During the Korean war, nearly 37,000 Americans died in action.

Hong said friendship between Korea

and the United States is forged in blood.

“During the war, Americans shed their precious blood here for the national democracy of Korea,” he explained. “The U.S. still maintains friendly relationships with Korea, and there is no change in the importance of the Korea-U.S. coalition today, even 55 years after the start of war.”

Hong suggested that Koreans must have the United States with them every step of the way for “unification and world peace.”

Many dignitaries attended the ceremony. Brig. Gen. Joseph E. Martz, 2nd Infantry Division assistant commander; Col. Jeff Christiansen, Area I commander; and Washington state Senator Paull Shin attended the commemoration ceremony.

Two U.S. war veterans also gave personal accounts of their service here 55 years ago.

Lee Sang-hoon, Korean Veterans Association president, gave the commemorative address.

Lee urged the audience not to become complacent.

He cited several incidents as proof



SPC. STEPHANIE PEARSON

Robert Cox, secretary general of the United Nations Participating Countries Association (left), retired Sgt. 1st Class James Monk, association president and Korean War veteran, and Sen. Paull Shin, Washington state legislature, stand for a moment of silence June 24 to commemorate the Korean War fallen during a memorial ceremony.

that the threat is still real.

He said North Korea’s recent declaration of nuclear armament is proof that the conflict is not over.

“There is a saying that peace is not protected by words, but kept with a show of force,” Lee said. “That was

the lesson we had on our bones 55 years ago, and it is the lesson to prevent a second Korean War.”

The ceremony lasted 90 minutes; The Korean War continues to this day.

E-mail stephanie.a.pearson@us.army.mil

Training

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fighting throughout the Army, committee members instituted the “train-the-trainers” program.

Once the fighters finish the Level II course, Luna said, they will be certified to go back to their units and teach Level I techniques to other Soldiers.

“Combatives is something you have to keep up with,” Tannler said. “The good thing is we’re being trained to go back and train others, which is the best way to stay proficient.”

Tannler said he hopes to continue to Level III training when he goes back to the United States, but encourages everyone to take advantage of the training available here in Korea.

“Anybody on the peninsula who gets the opportunity to participate in this program should jump at the chance,” he said.

E-mail stephanie.a.pearson@us.army.mil



Sgt. Bobbie Sumpter holds Sgt. Tina Young in a headlock.



PHOTOS BY SPC. STEPHANIE PEARSON

Staff Sgt. Noel Cabias, Company B, 2nd Battalion, 52nd Aviation Regiment, tries to keep his grip while Cpl. Ko In-song struggles to free himself June 22.

Soldier takes oath, fulfills American dream

By Spc. Stephanie Pearson

Area I Public Affairs

CAMPRED CLOUD — When Yi In-hae moved to the United States at age 16, she immediately noticed how different it was from her native Korea.

“Korea is so small and crowded,” she said. “America was really different. I loved the environment and the schools, and knew right away that I wanted to live there permanently.”

Living in Louisville, Ky., Yi got a “green card” to stay as a legal alien, but always aspired to get her citizenship.

Now, seven years later, Spc. Yi has fulfilled her dream of becoming an American citizen.

“All of my family is so proud of me,” Yi said. “I’m excited, because I’m the first one in my family to get my citizenship. My dad applied, too, but he’s still waiting.”

Yi said because she joined the U.S. Army, the process went more quickly.

“I was always like ‘someday I’ll get it,’” Yi said. “It went faster for me. I applied in July, and got the letter with my exam appointment six months later.”

Yi headed back to the states in early May to meet with an immigration officer and to take the 10-question citizenship test.

“They asked me basic questions about U.S. history,” Yi said. “I was a little nervous going in, but I answered seven out of the 10 correctly and passed.”



SPC. STEPHANIE PEARSON

Spc. Yi In-hae, Headquarters and Headquarters company achieves her goal of U.S. citizenship.

Now that she is a citizen, Yi plans to go back to America when she gets out of the Army, finish school and hopefully become a government employee.

“I want to live in the United States. I want my children to grow up there,” she said. “There are more benefits.”

Yi said although she is now an American citizen she will always honor her Korean heritage.

“I still have pride that I’m Korean,” she said. “It’s not that I’m ashamed of it. I just feel that there are more opportunities in the U.S.”

E-mail stephanie.a.pearson@us.army.mil

July 4th festivities begin tonight at Yongsan

Independence Day fireworks show blasts off Monday evening

By Steve Davis

Area II Public Affairs

YONGSAN — Area II Support Activity will host a three-day America's birthday celebration that will include live entertainment, sports, a flea market, a community carnival, fireworks and more. Country star Ty England and Reggae artist Shaggy top the billing as Area II rocks toward July 4th fireworks.

England, formerly in the band of country star Garth Brooks, has released his own country albums, "Ty

England," "Two Ways to Fall" and "Highways and Dance Halls." Jamaican-born Shaggy has released 10 albums since 1993. The latest, "Sexy Gyal Whind" and "Ready Fi Di Ride" were released this year.

"We've been planning since April," said Mario Farrulla, Area II Support Activity chief of recreation. "There will be something for everyone. We're all going to have a great time."

The holiday weekend begins tonight with "Intensity" band playing at Harvey's Lounge at 7 p.m. and "Blue Eyze Band" at the Main Post Club at 8 p.m.

Sports dominate the schedule tomorrow as an all-day softball tournament kicks off at 9 a.m. at Lombardo Field and Collier Field House hosts a basketball

tournament beginning at 9 a.m., as well.

Other Saturday events include a flea market and an 8-ball pool tournament at 10 a.m. at Moyer Community Services Center. A sand volleyball tournament will draw the sun-and-fun crowd 10 a.m.-6 p.m. at picnic area #7.

Perhaps the top event on Saturday will be a tailgate party sponsored by the Better Opportunities for Single and Unaccompanied Soldiers, or BOSS, program.

"We're really excited," said BOSS President Pfc. Danielle Colson. "We have about 100 BOSS representatives in Area II and they've been putting the

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BOSS, Here to help you



CPL. SEO KI-CHUL

Pvt. Vanessa Guzman, right, 175th Finance Command, and Spc. Shannon Benak, 142nd Military Police Command — members of the Better Opportunities for Single and unaccompanied Soldiers organization — move school materials at Seoul American Elementary School June 24 to help prepare for the next school year.

Monsoon rains begin in Korea

Potentially destructive weather may trigger local warnings

By Steve Davis

Area II Public Affairs

YONGSAN — The first rain of the monsoon season dumped more than two inches of water in the Seoul area Monday and kicked up brisk winds.

The monsoon season typically begins in June and can last as long as two months, followed by the typhoon season. Because potentially destructive weather could begin with little warning, Area II Support Activity works with its internal staff, local weather, military police and safety officials to notify community members when severe weather is forecasted for Area II.

Area II Support Activity has a detailed destructive weather plan managed by the Directorate of Plans, Training, Mobilization and Security, or DPTMS, which coordinates response actions between the Area II staff duty officer or Non-Commissioned Officer, the Provost Marshal's Office and outlying installations to help mitigate severe weather damage.

"When we receive notification of potentially destructive weather, we start communicating internally with the Area II Support Activity staff and with the public,"

said Gerald T. Casey Jr., who heads the Area II Support Activity DPTMS. "We initiate public service announcements on the Commander's Access Channel (Channel 3) and on AFN-Korea television and radio, and advise our tenant units.

Casey said the mitigation plan for destructive weather is a priority of the Area II commander.

Area II directorates are also notified and stand-by to deal with any resulting emergencies, including flooding and wind damage.

Area II Safety Officer Jeffrey M. Hyska said some Yongsan areas are prone to flooding.

"Everyone should be careful when driving or walking in heavy rain, or avoid it altogether unless necessary," said Hyska. Hyska said wind and flooding could cause associated hazardous electrical situations.

Casey said personnel from the Area II Directorate of Public Works would be available to handle monsoon-related problems. He advises residents to report problems to the Area II staff duty officer at 738-7404/7405.

E-mail DavisST@korea.army.mil

ROK Army Support Group Commander retires

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — The Republic of Korea Army Support Group conducted a change of command ceremony Monday at Collier Field House.

Outgoing commander Col. Kim Deok-gon passed unit colors to incoming Col. Lee Yong-il in a patriotic display of flags and music, including complimentary remarks from Lt. Gen. Charles C. Campbell, commander, Eighth United States Army.

"I am turning over my responsibilities to Col. Lee," said Kim. "I am here to express my gratitude and farewell and conclude my 30-year military service during which I felt very proud of being a part of the defense and development of my country."

"Today's ceremony marks the end of a distinguished 30-year career of Col. Kim Deok-gon," said Campbell.

"It is a career that exemplifies leadership and selfless service, both to the Republic of Korea, the United States, and to the Soldiers under him. I have served with many outstanding Soldiers, but it is my honor that I have served with none finer than Col. Kim."

Lee enters the role with experience from his last position as Deputy Chief of Management Section, 2nd Army Headquarters. His awards include the Presidential Award, Minister of National Defense Award and many more.

"Col. Lee Yong-il joins a long tradition of excellent commanders," he continued. "His qualifications are impeccable, and I know he will strengthen the bonds of friendship and only serve to improve our U.S. and ROK alliance."

E-mail Christopher.M.Selmek@us.army.mil



CPL. SEO KI-CHUL

Kim Deok-gon, outgoing commander of the Republic of Korea Army Support Group, says farewell during the change of command ceremony at Collier Field House Monday.



Bishop Kim Sun-do delivers his address, "Freedom at a High Cost," during a Korean War Memorial Service Saturday at the Kwanglim Methodist Church in Seoul.



PHOTOS BY STEVE DAVIS

Communities remember war, celebrate peace in Korea

By Steve Davis

Area II Public Affairs

SEOUL — More than 225 Area II military personnel, civilians and family members joined with local community members June 25 to commemorate the 55th anniversary of the Korean War and to honor those who served.

Ten bus loads of people traveled to Kwanglim Methodist Church for the combined U.S. and Korean service, also broadcast on several Korean television stations. It was among many ceremonies held across the peninsula to commemorate the war.

In his address, "Freedom at a High Cost," Bishop Kim Sun-do recounted the devastation caused by the Korean War and thanked America for coming to the aid of his war-torn country and helping it to develop both economically and spiritually.

"We are blessed to be a democratic country where freedom and human rights are respected," said Kim. "However, we know that this was not gained without a price. Our nation honors the sons and daughters (of America) who answered the call to defend a country they never knew and a people they never met."

Kim said "we must never give up on God's righteous will to defend freedom."

Gen. Leon J. LaPorte, commander of the United Nations Command and the Republic of Korea-U.S. Combined Forces Command, also addressed the ecumenical gathering.

"On this day, we honor those men and women who selflessly served in the name of peace and freedom," said LaPorte. "While their sacrifices serve as a reminder that freedom is not free, they also encourage and inspire us. Today,

the R.O.K.-U.S. alliance is the most enduring alliance in the world."

LaPorte said the freedom and prosperity of the Republic of Korea is "a testament to the value of our friendship."

"Today, the members of the United States Forces Korea remain totally committed to the defense of this great nation and to preserving peace and stability in the region."

Will Daniel, 77, a retired command sergeant major who served as a 21-year-old combat medic in Korea from August 1950 to December 1951 with the 3rd Infantry Division, said he was "honored" to be among those remembered for their Korean War service.

"The war in Korea was a long time ago, but it seems like yesterday to me," he said. "Back then Korea was mostly trails and bicycles, rice paddies and oxen. It's amazing how much progress has been made."

Daniel said he was pleased to be in the ranks of those who served.

"I know that [Korean] people care and appreciate American fighting men and Korean War veterans for the courage and the sacrifices they made for the defense of their country."

Sgt. Christopher Rolack attended the ceremony with his wife Antoinetta and eight children, who range from 8 months to 12 years old.

"We went to the Demilitarized Zone a couple of years ago for the anniversary of the signing of the armistice that halted the Korean War," said Rolack. "Now we are here to honor those who served."

E-mail DavisST@korea.army.mil

"I'm grateful that people still remember those of us who served in the Korean War."

Cmd. Sgt. Maj. (ret) Will Daniel
Combat medic during Korean War



Korean War casualties

U.S.	54, 246 dead; 92,100 wounded
Korea	227,800 dead; 717,100 wounded
UN Forces	3,292 dead from 15 other United Nations countries

Source: American Battle Monument Commission



The congregation stands as the national anthems of the Republic of Korea and the United States of America open the memorial service commemorating the 55th anniversary of the Korean War.



Gen. Leon J. LaPorte and Bishop Kim Sun-do lead the official party into the Kwanglim Methodist Church main hall at the beginning of the Korean War Memorial Service Saturday in Seoul.

Summer Reading Book Club



Judy LaPorte reads to children gathered at the Yongsan Library June 27 to start off the Summer Reading Book Club. The Summer Reading Book Club is a program, run by the Yongsan and Hannam libraries for children between the ages 5 to 12 in order to encourage reading. Right: Col. Timothy K. McNulty, commander, Area II Support Activity, gives opening remarks to kick start the Summer Reading Book Club.



PHOTOS BY SGT. PARK JIN-WOO

Independence

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word out to get people to the tailgate party.”

The tailgate party starts at 4:30 p.m. in the Collier Field House area on Yongsan South Post.

Colson said several fun games will be conducted at the tailgate party. A Korean pepper-eating contest begins at 5 p.m.

“Korean peppers, called Chungyang Cochue, are really hot,” said Colson. “We’re going to find out who can eat the most. There’s no time limit.”

An adult hula-hoops contest will begin at 5:35 p.m., followed by a disc jockey. “Frozen socks,” another adult

game will begin at 6:15 p.m.

“The object of the game is for people to find a way to melt frozen socks and put them on without breaking them,” said Colson, adding that the socks will be rolled up and frozen for several days before the contest.

The two-hour Shaggy performance – sponsored by Morale, Welfare and Recreation – will top off the tailgate party at 7 p.m.

On Sunday, a Community Festival will be held from 11 a.m.-8 p.m. in the Collier Field House area featuring inflatable games for children,

participation games and shows, remote broadcasting by AFN-Korea, 30 vendors offering products and a variety of international foods, a Korean entertainment show and the Ty England concert at 6 p.m.

Monday sports events include a 5-kilometer fun run at Collier Field House at 8 a.m. and on-going softball and basketball competitions.

Fireworks begin at 8:45 p.m. Monday in the Collier Field House area.

“We are having an action-packed 15-minute fireworks show with 1,000 bursts, including 20 different colorful patterns,” said Tom Bruce, Area II

MWR marketing chief. “It’s going to be really intense.”

Bruce said the artificial turf soccer field (field 12) will be closed to the public July 4 while crews set up fireworks. Area II safety and MWR officials will closely monitor the fireworks show. They advise people not to pick up any unexploded or abandoned fireworks after the show.

An inclement weather schedule will be broadcast on the Commander’s Access Channel (Channel 3) and AFN-Korea if necessary.

E-mail DavisST@korea.army.mil

Ad goes here

NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaiitownhall@korea.army.mil or by calling 738-3484.

Housing hours of operation

The Yongsan Housing Office, Bldg. 4106, will close at 11 a.m. July 1 for Area II Organization Day. It will also be closed all day Monday for Independence Day. Hours of operation through Aug. 25 will be 8 a.m. – 4 p.m. Monday – Friday, including lunch hours. For information, call 738-4069.

Independence Day Weekend Sports

A pre-season tournament will be held for the Area II Summer Basketball League tomorrow through Monday. Also, there will be a double elimination softball tournament and sand volleyball tournament. For information, call 736-7746 or 736-4032.

Women's Summer Bible Study

Protestant Women of the Chapel will hold summer Bible study 9 – 11 a.m. Wednesdays now through Aug. 3 at South Post Chapel. The study will be "Women of the Bible" by Ann Spangler and Jean E. Syswerda. Free childcare is

provided. All women are welcome at any time. For information, call 795-4073.

Summer Reading Club

All 5 to 12 year olds are invited to experience a summer long reading fantasy called "Dragons, Dreams & Daring Deeds" at the Yongsan and Hannam Village Libraries at 1 p.m. everyday now through Aug. 5. For information, call 723-7300.

Christian Men's Monthly Breakfast for July

Men of the Morning Calm (Promise Keepers) will host a monthly breakfast at 8 a.m. July 9 at South Post Chapel. For information, e-mail grandinj@korea.army.mil or kramert@korea.army.mil.

Seoul Computer Club Meeting

The Seoul Computer Club will have a monthly meeting at 2 p.m. July 9 at the USO on Camp Kim. All are welcome to attend and learn about computers from the experts. For information, e-mail tommykramer@hotmail.com or logon to www.seoulcc.org.

Volunteer of the Quarter

The Volunteer of the Quarter ceremony will be held 3 – 4:30 p.m. July 13 at the Army Community Services Building. For information, call 738-7510.

Local OCS Board

The Area II Support Activity local

Officer Candidate School board will be held at 9:30 a.m. July 15 in the Area II headquarters building command conference room. For information, call 738-5017.

The Dating Game in Bentley's Pub

All entries for Bentley's Pub "Dating Game" are due July 13. Letters should be delivered to the Dragon Hill Lodge sales and marketing department or e-mailed to marketing@dhl.korea.army.mil. Four contestants will be selected based on their explanation of why they need to be a contestant. The game will be played at 6 p.m. July 20 at Bentley's Pub. The winning couple will win a dinner for two at Sables restaurant. For information, call 738-2222.

Resource Management Closure Information

The Army Resource Management office at Building 2254 will be closed for an Organization Day picnic 11 a.m. - 5 p.m. July 15. For information, call 725-9472.

Quiznos Grand Opening

Quiznos Subs celebrated its Grand Opening June 22 at the U.S. Embassy Association Building. The store, located next to Starbucks in building 8105 South Post, is famous for its toasted subs. For information, call 790-0925.

Good Neighbor Event

The Camp Kim USO will host a Good

Neighbor event 12:15 – 4 p.m. Wednesday and July 28 and 29. 40 children are coming to the USO to meet and get to know U.S. service members. You'll eat lunch together and then go bowling. Please sign up early for an afternoon of goodwill, "Good Neighbor" and good times. For information, call 724-7781 or 011-351-9014.

Yongsan Lanes Closer information

The Yongsan bowling center (including the snack bar and game room area) will be closed Aug. 1 – 12 for a scheduled lane resurfacing. For information, call 723-7830.

Camp Adventure

Yongsan/Hannam School-Age Services and Camp Adventure Youth Services will host summer recreation programs for children 1st through 5th grades now through Aug. 19. Program activities include weekly field trips, swimming, arts and crafts, songs, games and individual age group activities. For information, call 738-4707 or 723-4522.

News and Notes Deadlines

Deadline for submission to Area II News and Notes is Friday prior to the next week's publication. Announcements will be published on a first-come, first-served basis. Submit items for publication to christopher.m.selmek@us.army.mil. Each announcement should include who, what, when, where and a point-of-contact phone number.

Ad goes here

Keepin’ it Legal

Souvenirs may spell customs trouble

By Capt. James P. Leary

Area II Legal Assistance Office

YONGSAN – Imagine that for the last two weeks you have been exploring the wonders of Asia, the temples, palaces and markets. Now you’re on your way back, traveling through beautiful Incheon Airport, laden with souvenirs and bargain-priced trademarked items, when suddenly you are approached by two Republic of Korea security guards, asking you to follow them.

Before you even reach the customs room the guards begin to question you about your shopping habits abroad, and within minutes they are putting handcuffs on you and contacting your commander.

Every year dozens of United States Forces Korea military personnel, civilians and dependents are detained by Korea customs officials for violation of Korean customs laws. Most of these people are detained for bringing back counterfeit goods, like bogus Rolex watches, Louis Vuitton purses and NBA jerseys while traveling abroad.

Four simple rules

By following four simple rules you can assure that you and your dependents do not get into trouble with Korean customs officials when you return from vacation:

1 First, do not bring items which are counter to constitutional order and discipline (i.e. Anti-Korean propaganda);

2 Second, do not bring in items of a classified nature (leave your classified work at home);

3 Third, do not return to Korea with counterfeit or copied money;

4 Fourth, do not return to Korea with counterfeited trademark items;

For the most part, the fourth rule is violated the most

frequently. Many people traveling on vacation are excited to find good deals at local shopping markets on name brand goods. Unfortunately, many of these name brand items are counterfeit.

Simply put, if the price seems too good to be true ... it probably is too good to be true.

Bringing even small amounts of counterfeit items can be a violation of Korean customs laws. Even items with misspellings or incorrect trademark symbols can violate customs laws so don’t bring counterfeit items back to Korea, even if intended as a joke gift for a friend.

Tax-free status

While Korean customs laws place limitations on what can be brought into the country, there are special provisions that allow U.S. servicemembers and dependents to bring in some goods without being taxed. According to the Status of Forces Agreement, personal vehicle, small amounts of goods brought while on vacation, household goods and personal effects brought into Korea within six months of your arrival are not subject to import taxes.

Korean customs laws apply to all USFK personnel coming into Korea. The violation of Korean customs laws is a matter that is taken seriously by Korean customs officials and USFK. Violation of Korean customs laws is a crime punishable by confiscation of goods, criminal penalties and adverse administrative action.

So be sure when you go on vacation you follow the four rules listed above and ensure that you comply with Korean customs laws.

For information about what goods can and can’t be brought into the Republic of Korea, call the Area II Legal Assistance Office at 738-6841.

Visa from Page 4

After the beneficiary gathers all required documents, which are detailed in the IV instructions, the beneficiary requests an appointment online at <http://seoul.usembassy.gov/wwwfiappt1.pdf>. The State Department generally makes IV appointments within one month for immediate relatives of U.S. citizens.

Once you qualify (and remember that more than 95 percent of all IV applicants in Seoul do eventually qualify) the State Department will issue the IV on the following workday via a courier. However, the beneficiary may pick up the passport.

An IV allows the bearer to seek entry into the United States within six months of issue. Since the underlying I-130 only expires if the IV is used or the relationship ceases to exist, there is no reason to delay filing the I-130, which starts this whole process.

How to qualify the first time for an IV?

Start the immigration process early and don’t delay filing an I-130. Be accurate. Follow instructions carefully and refer to the Web site if you get stuck.

The biggest source of initial refusals is the I-864. Complete it accurately, and don’t fail to attach evidence of continuing sustained income and the last three years of federal tax returns.

For information logon to: <http://seoul.usembassy.gov/wwwhiv.html>.

(Editor’s note: This is the third of a five-part series.)

Now Showing

July 1-7

AAFES

REEL TIME

Now Showing At
THEATERS IN KOREA

For more listings call, visit theater or visit www.aafes.com online - schedules are subject to change

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	The Interpreter PG-13	The Honeymooners PG-13	The Honeymooners PG-13	Mr. & Mrs. Smith PG-13	The Interpreter PG-13	Hitchhikers Guide to the Galaxy PG	Hitchhikers Guide to the Galaxy PG
ESSAYONS 732-9008	King's Ransom PG-13	Hostage R	Amityville Horror R	Sahara PG-13	No Show	A Lot Like Love PG-13	The Honeymooners PG-13
HENRY 768-7724	A Lot Like Love PG-13	Sisterhood of the Traveling Pants PG	Sisterhood of the Traveling Pants PG	The Interpreter PG-13	No Show	No Show	No Show
HUMPHREYS 753-7716	Mr. & Mrs. Smith PG-13	Mr. & Mrs. Smith PG-13	Mr. & Mrs. Smith PG-13	The Honeymooners PG-13	No Show	No Show	No Show
HIALEAH 763-3120	Sisterhood of the Traveling Pants PG	Amityville Horror R	Amityville Horror R	No Show	No Show	No Show	No Show
HOVEY 730-5412	Hitchhikers Guide to the Galaxy PG	The Interpreter PG-13	The Interpreter PG-13	The Honeymooners PG-13	The Honeymooners PG-13	Mr. & Mrs. Smith PG-13	XXX: State of the Union R
KUNSAN 752-4987	The Longest Yard PG-13	The Longest Yard PG-13	The Longest Yard PG-13	No Show	The Interpreter PG-13	XXX: State of the Union R	XXX: State of the Union R



Sisterhood of the Traveling Pants
Four best friends, Tibby, Lena, Carmen and Bridget spend their first summer apart from one another, they share a magical pair of jeans. Despite being of various shapes and sizes, each one of them fits perfectly into the pants. To keep in touch they pass these pants to each other as well as the adventures they are going through while apart.



King's Ransom
Malcolm is a wealthy and arrogant businessman whose soon to be ex-wife has plans to take him for everything he's worth in their divorce settlement. Determined to avoid losing his fortune to her, Malcolm plans his own kidnapping with the help of his dim-witted mistress and her ex-con brother. Unfortunately for Malcolm, he is not the only one with a kidnapping plot.



Batman Begins
The origins of the Batman legend and the Dark Knight's emergence as a force for good in Gotham. In the wake of his parents' murder, disillusioned industrial heir Bruce travels the world seeking the means to fight injustice and turn fear against those who prey on the fearful. He returns to Gotham and unveils his alter-ego: Batman, a masked crusader who uses his strength, intellect and an array of high tech deceptions to fight the sinister forces that threaten the city.



The Honeymooners
New York City bus driver Ralph and his feisty wife Alice struggle to make ends meet. Despite Ralph's many get-rich-quick schemes, they've managed to save some money and, along with their best friends Ed and Trixie, they seem to have almost enough money for a down payment on a Brooklyn duplex. However, when Ralph's latest scheme costs him all his money and his marriage, it takes all his determination and love for Alice to get things on track again.



Sahara -- Master explorer Dirk takes on the adventure of his life when he embarks on a treasure hunt through some of the most dangerous regions of North Africa. Searching for what locals call "The Ship of Death," a long lost Civil War battleship filled with coins, Pitt and his wisecracking sidekick use their wits and clever heroics to help Doctor Eva Rojas who believes the ship may be linked to mysterious deaths in the very same area.



Mr. & Mrs. Smith
John and Jane Smith are an ordinary suburban couple with a seemingly ordinary, lifeless suburban marriage. But each of them has a secret — they are actually both legendary assassins working for competing organizations. When the truth comes out, John and Jane end up in each other's cross-hairs.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Upside of Anger R	Monster-In-Law PG-13	Monster-In-Law PG-13	Upside of Anger R	No Show	No Show	No Show
OSAN 784-4930	Batman Begins PG-13	Batman Begins PG-13	Batman Begins PG-13	Batman Begins PG-13	XXX: State of the Union R	The Interpreter PG-13	The Interpreter PG-13
RED CLOUD 732-6620	The Honeymooners PG-13	The Interpreter PG-13	Mr. & Mrs. Smith PG-13	The Interpreter PG-13	A Lot Like Love PG-13	No Show	Batman Begins PG-13
STANLEY 732-5565	Mr. & Mrs. Smith PG-13	Mr. & Mrs. Smith PG-13	The Interpreter PG-13	King's Ransom PG-13	No Show	Batman Begins PG-13	Hitchhikers Guide to the Galaxy PG
YONGSAN I 738-7389	Batman Begins PG-13	Batman Begins PG-13	Batman Begins PG-13	Hitchhikers Guide to the Galaxy PG	Hitchhikers Guide to the Galaxy PG	The Interpreter PG-13	The Interpreter PG-13
YONGSAN II 738-7389	Batman Begins PG-13	Batman Begins PG-13	Batman Begins PG-13	Upside of Anger R	Upside of Anger R	Sahara PG-13	Sahara PG-13
YONGSAN III 738-7389	Batman Begins PG-13	Batman Begins PG-13	Batman Begins PG-13	Amityville Horror R	Amityville Horror R	Racing Stripes PG	Racing Stripes PG

Keeping your marriage’s ‘love tank’ full

By Chaplain (Capt.)B. Christopher Thereault
3-6 Cavalry Squadron

It has been said that “marriage is the most risky undertaking routinely taken on by the greatest number of people in our society.”

Stop and think about this. The marriage that begins with love, excitement and hope can become a conduit of pain, frustration and hopelessness. There are a variety of issues that work destructively on marriages; issues like communication, how you grew up, maturity, spending habits, how you deal with conflict, etc.

The list is long. The good news is that marriage is not risky if you practice and learn some good relational skills.

Research shows that there are two areas of relational improvement that can provide better marital satisfaction and stability (despite the multitude of issues a couple may experience). These two areas are communication and conflict resolution. When a couple is proficient with

these relational skills, they become tools by which other marital obstacles can be overcome.

Chaplains regularly offer a premarital and/or marriage workshop based on the Prevention and Relationship Enhancement Program. The research is academically solid; it works. When you get a chance to attend one of these workshops, do it. It will make a positive difference. Meanwhile, I challenge you to intentionally take it upon yourself to grow in these two areas.

Everyone has a “love tank” which diminishes or fills according to our communication.

When marriage is at its best, this tank is probably “topped off” and is associated with the love felt towards one another.

Expressing appreciation and love on a daily basis keeps our tank filled. A filled tank instills significance and value – a basic need for all spouses and children. This expressed love needs to be unconditional. Despite any “problem,”

we still love them and they need us to express this love.

All marriages have issues that need to be dealt with. Staying committed to filling each other’s love tank helps couples weather the inevitable marital storms.

In regards to resolving conflict, often one partner avoids it and the other wants resolution immediately. An important rule is to make resolution before the day ends. This gives time and respect to the one who needs it. It also ensures that the issue is dealt with. If conflict is not resolved or is avoided, it will poison the relationship and become a point of contention repeatedly. If it cannot be resolved, agree to disagree or seek counseling.

Resolving conflict in relationships is good. It becomes one less issue to deal with, matures the relationship and ensures a joyful path into the future. This may mean some sacrifice on your part, but love sacrifices for the other.

Learn and practice communication and conflict resolution. Your marriage will appreciate it.

Area III Worship Services											
Protestant				Gospel	Sunday	1 p.m.	Freedom Chapel	Mass	Sunday	1 p.m.	Suwon Air Base
Lutheran	Sunday	8 a.m.	Freedom Chapel	Latter-day Saints		4 p.m.	Freedom Chapel	Mass		3 p.m.	Camp Long
Collective		10 a.m.	Suwon Air Base	Contemporary		6 p.m.	Freedom Chapel	Mass		4:10 p.m.	Camp Eagle
		2 p.m.	Camp Eagle	Korean		7 p.m.	Camp Long	Area III Chaplains			
Collective		10:30 a.m.	Zoeckler Chapel	Catholic				Chaplain (Maj.) Matthew B. Ahn			
Collective		11 a.m.	Freedom Chapel	Mass	Daily	11:45 a.m.	Freedom Chapel	AhnM@korea.army.mil			
		11 a.m.	Camp Long	Mass	Sunday	9:30 a.m.	Freedom Chapel	753-7274			
								Chaplain (Capt.) Thomas Vaughn			
								VaughnT@korea.army.mil			
								721-3356			

Ad goes here



PHOTOS BY CAPT. STACY OUELLETTE

The gates to Seoul Land welcome visitors and hint at the color and adventure that awaits them inside.

Seoul Land offers thrills, family fun

By Capt. Stacy Ouellette

8th U.S. Army Future Operations

SEOUL -- The amusement park Seoul Land is a popular attraction in Korea. Whether it's due to the three adrenaline-pumping roller coasters or the family atmosphere, it's a great place for a day of fun and excitement.

"It was fun to go to the amusement park because those kinds of places are universal," said 2nd Lt. Alice Garcia, Alpha Detachment, 509th Personnel Services Battalion. "I went to the zoo a few weeks ago and saw the roller coasters from there and thought it would be a fun place to go for the day."

The layout of the park is similar to those in the United States. Visitors will find Adventure, Fantasy, Samchulli and Tomorrow lands full of rides, arcades and a variety of restaurants. Other similarities are also found throughout the park.

For instance, the Flying Elephant ride can be compared to the Dumbo ride at Disney World. The giant silver ball at the park's entrance resembles the one at Epcot Center. In addition to these familiar attractions, though, Seoul Land definitely has its own unique atmosphere.

Adventure Land is where patrons find the King Viking pirate ship that will rock passengers into the air. The water bumper boats are also here. For a real adventure, check out the Den of Lost Thieves, where riders can shoot at targets during the ride.

Fantasy Land has a variety of exciting rides like the Monster, Super Swing and Hi-Roller. For those looking to have a more relaxing visit, the Big Merry-Go-Round or Sky Cycle are the rides to seek out.

Although relaxing, the Sky Cycle offers a bit of a workout since patrons pedal their cart like a bicycle around an elevated track.

Samchulli Land provides a family

atmosphere with shops, food vendors and a rest area. The haunted house and mini train are also located in this area.

Tomorrow Land is truly for the thrill seekers in the group. All three roller coasters in the park are found here. The Double Loop Coaster, Black Hole 2000 and Crazy Mouse will send you spinning and coiling through curves and turns.

"Americans are big on the roller coasters that have huge drops but Koreans seem to like rides that loop and flip you upside downside or spin you," Garcia added. "I enjoyed the feeling of excitement that comes from riding roller coasters."

For those who cannot ride the big three the park offers two kiddie roller coasters.

The park has a mixture of rides for adults and children evenly spread across each section and a variety of performances to keep everyone entertained.

"Whether a person likes big roller coasters or kiddie rides there's something for everyone to enjoy," said Cadet Priya Rednam, United States Military Academy at West Point. "There are many exciting rides and foods to try as well as having a great atmosphere. I also got the opportunity to see a bit of Korean family culture and interact with the friendly people at the park."

Cost for admission is 26,000 won per adult. Visitors can purchase an all-access pass to everything offered within the park including shows for this price. Other options are available, but may limit your activities. There is also an additional fee for the Tram, which will take you to the gate of the park.

To get to Seoul Land, take the Seoul Subway light blue line to the Seoul Grand Park stop. It is collocated with the city's zoo. A separate fee applies to visit the zoo.



Roller coasters, like the one pictured here, stand as a challenge to the most daring of thrill seekers.



A Korean family takes a turn in the water bumper boats. Seoul Land offers a variety of rides for adults and children.



The attractions at Seoul Land offer thrills, a few scares and in this case, a bird's eye view for those brave enough to ride.



The Flying Elephant Ride is one of several children's rides offered to the park's younger visitors.

Korea MWR Region

Independence Day Sports Events in Area I

The Camp Red Cloud Enclave sports will host the 2005 Independence Day Sports Events Saturday thru Monday.

Softball, basketball and sand volley ball tournaments will be held each day at Camp Red Cloud and Camp Stanley.

A 5 K Fun Run and swim contests will be held July 4 at Camp Red Cloud and Camp Stanley. Registration & briefing will be immediately before the competition. A biathlon competition will be at Camp Red Cloud. Registration and briefing will be right before the competition.

Team coaches or individuals who will participate in the sports event must register and attend pre-tournament meeting. For information, call the CRC Gym at 732-6309, or the Camp Stanley Gym at 732-5460.

Go For the Green

Make three putts in a row and walk away with \$ 10,000 at the "Putt 4 dough" promotion at Camp Red Cloud's Golf Course. The golf course will host the event Monday at 8 a.m.

For information, call 732-6843. For official rules log on to www.ArmyMWRgolf.com.

'Friends Fun Time' Bowling

The Camp Casey Bowling Center is offering "Pizza, Pop N Bowl Friends Fun Time" starting at 4 p.m. every Wednesday. This is a package for a group of four, offering one large one topping pizza, a pitcher of soda, two hours of games and free shoe rental. Bring your own music CD and the bowling center will play for your party. For information, call 730- 4577.

MWR Happenings Radio Show

Check out the *MWR Happenings Radio Show* on 102.7 FM, American Forces-Korea Network's Warrior Radio every Friday between 3 and 4 p.m. MWR Happenings provides the latest information on upcoming recreation entertainment, sports, club and bowling events in Area I, as well as an opportunity to win cool MWR giveaways. For information, call 730-6514.

Submitting to TMCW

To have an event or activity highlighted in The Morning Calm Weekly, send event information and a point of contact name and telephone number, to MorningCalmWeekly@korea.army.mil. All submissions are subject to editing to ensure they meet publication standards and Associated Press guidelines.



CPL. SEO KI-CHUL

Stephen Lang, the actor in the play, "Beyond Glory" pretends to point a rifle at the enemy giving the audience an account of Vernon J. Baker, a veteran who served as 1st Lt. in U.S. Army in Italy.

'Beyond Glory' honors heroic veterans

By Cpl. Seo Ki-chul

Area II Public Affairs

YONGSAN – Operation Homecoming: "Beyond Glory", the one-man play which depicts the wartime experience of eight American veterans, the Medal of Honor recipients, was performed recently at the Balboni Theatre. It is also playing at other military bases across the peninsula.

Adapted for the stage from Larry Smith's book, 'Beyond Glory: Medal of Honor Heroes in Their Own Words' which features 24 veterans during wartime, the one-man play has been bringing to military bases around the world the personal stories of military veterans who have been honored for their heroic exploits.

"Since the first play at Arlington National Cemetery Theater in Washington D.C., we have been on tour to many countries to include South Korea to run the play," said Stephen Lang, the actor who portrayed eight veterans from World War II, Korean and Vietnam wars.

"We have a story such as a military

legacy written by service members everyday. I think the Korean War is an important part of American history. And I know there were so many acts of heroism in this peninsula that went beyond call of duty for eight recipients I portrayed. So, it gives me special pleasure to bring the play to Korea."

"This was a great event. I appreciate how Mr. Lang brought to us the depiction of all these Medal of Honor recipients and how they explained the painful experience they went through and how humble they were to receive the Medal of Honor," said Capt. Claudia Luna, 38th Medical Detachment Commander. "I particularly found this uplifting and encouraging for Soldiers. Beyond doubt, it depicts how U.S. military personnel and families can benefit from hearing the stories."

Presented by The National Endowment for the Arts in cooperation with the Department of Defense and the Boeing Company, Operation Homecoming 'Beyond Glory' will be performed in Europe and the United States for another year.

Army Soldier Show hit the road to show 'America Cares'

By Tim Higgs

USACFSC Public Affairs

FORT BELVOIR, Va. – When it opened May 6, the 2005 U.S. Army Soldier Show unveiled "Operation America Cares," a 90-minute song and dance production that expresses the importance of giving deployed Soldiers a touch of home.

After three shows at Fort Belvoir, the 19-Soldier troupe hit the road for 102 performances across America, Korea and at Camp Zama, Japan. The six-and-a-half-month tour will end Nov. 13 back at Fort Belvoir, home of the Army Entertainment Division, one of more than 50 programs provided to Soldiers and their families by the U.S. Army Community and Family Support Center in Alexandria, Va.

Along the way, the Soldier Show already has or will deliver "entertainment for the Soldier, by the Soldier" at the Armed Forces Retirement Home, Warner Theatre and the 230th U.S. Army Birthday Ball in Washington, D.C.; the 45,000-seat Tacoma Dome near Fort Lewis, Wash.; and the United States Military Academy at West Point, N.Y.

"The message of the show is that it doesn't matter how tough we are and it doesn't matter how fit to fight we are, Soldiers are still human and longing for the familiar and America's affection," Soldier Show director Victor Hurtado said

The cast and crew will attempt to bring his vision to life with musical genres rhythm and blues, new rock, country, gospel, eclectic new wave/new age, patriotic and newly arranged movie themes.

Calling the show "our gift to the American Soldier," Hurtado stresses his desire to leave audiences with a sense of newfound knowledge.

The Soldier Show will perform at camps throughout Korea Sept. 17-29.

Concerts highlight holiday weekend

Korea Region MWR Marketing

YONGSAN -- Morale, Welfare and Recreation is bringing a variety of musical acts to Korea over the July Fourth weekend, including Grammy-winning, reggae-pop star Shaggy.

Shaggy, though he spent his adult life in America, grew up in Jamaica. After serving as a Marine in the Gulf War, he decided to pursue a career in music. His first album "Pure Pleasure" featured the song "Oh Carolina" (1993). His 1995 album "Boombastic" won the Grammy award for Best Reggae album.

In September of 1996, soon after finishing his globe-trotting world tour, Shaggy was back in the studio working on his third album, "Midnite Lover," which was released in 1997. By then, Shaggy's diverse pop, reggae, R&B and world beat audience had been solidly established.

The schedule of performances includes: Friday, Camp Humphreys, 7 p.m.; Saturday, Yongsan, 7 p.m.; Sunday, Camp Casey, 7 p.m.; and Monday, Camp Walker, 7 p.m.

The shows may contain adult-themed subject matter. Parental discretion is advised.

Also performing at military installations across the peninsula is country music's Ty England. Well known as a guitarist and back-up vocalist for friend Garth Brooks, England has now started a solo career with the release of his debut album, "Should've asked her faster."

He will perform at Kunsan Air Base, Friday; Chinhae Naval Station, Saturday; Yongsan Garrison, Sunday; and Camp Casey, Monday. All shows will begin at 7 p.m.

England's shows are presented by MWR, USO and Armed Forces Entertainment.

The Carson Downey Band will also perform this weekend, with shows scheduled at Kunsan Air Base, Friday; Kwangju AB, Saturday; and Osan AB Sunday and Monday.

All shows are presented free of charge. For information, call the local MWR Entertainment Office or 723-3346.

Area III recognizes 38 "Good Neighbors"

By Susan Barkley

Area III Public Affairs

CAMP HUMPHREYS – U.S. Army Area III Support Activity recognized 38 individuals and one military unit as Good Neighbors following a dinner held at the Community Activity Center June 24. In remarks to the 150 guests, Col. Michael J. Taliento Jr., U.S. Army Area III Support Activity commander, noted that it was the eve of the outbreak of the Korean War 55 years ago.

"It is especially significant that we celebrate this enduring friendship tonight on the eve of the 55th anniversary of the outbreak of the Korean War. We can take a moment to look back and reflect on the sadness and loss as a result of that war; the separation of families and of the nation itself. We can also reflect on the accomplishments of the Korean people and the Republic of Korea over the course of those 55 years," Taliento said.

"The people we are honoring tonight represent why the friendship between the Republic of Korea and United States has persisted for over five decades," he continued.

Brig. Gen. Steven M. Anderson, deputy commanding general, U.S. Forces Korea (Advance Element), echoed Taliento's thoughts in saying that his father served in the war and one of the things he most remembers his father saying about Korea was, "the country is beautiful and the people

are beautiful."

Anderson went on to say that he was confident the strong bonds of friendship "would serve us well as USFK re-aligns and consolidates troops, family members and civilian employees in the Pyeongtaek area."

Individual certificates were presented to 19 Korean civic, business and educational good neighbors. Joo Yeon-sook, head nurse of the outpatient department at DanKook University Hospital, was recognized for her outstanding care of U.S. personnel referred to the hospital.

"I'm just glad to help the American patients," Joo said. She added that the six years she spent living in the United States gives her a first-hand understanding of dealing with a different culture and language.

Capt. Steven Anderson, commander, 46th Transportation Company, was cited for spearheading the Common Values project with Pyongtaek University; and So Hyon-hui was recognized for her work in familiarizing U.S. personnel with traditional Korean dance. Seventeen other U.S. personnel also received certificates.

Following presentation of certificates to the individuals, 527th Military Intelligence Battalion was recognized as the Good Neighbor military unit. The citation stated unwavering support for community relations programs such as their "Reach Out and Read" and "Get Out and Talk" programs held weekly at the Pyeongtaek Library.

Area III Good Neighbors

Sohn Hak-kyu, governor, Gyeong-gi Province
Song Myong-ho, mayor, Pyeongtaek City
Kim Young-mi, vice president, Pyongtaek University
Cha Myong-ho, outreach director, Pyongtaek University
Song Young-kyu, president, Korea Freedom League, Chonan Chapter
Yi Hoon-hee, president, KSTA, Pyeongtaek Chapter
Kim Ki-ho, president, K-6 Merchants Association
Yi Dong-hoon, president, People to People International, Pyeongtaek Chapter
Yi Young-sok, CEO, DanKook University Hospital
Joo Yeon-sook, head nurse, Outpatient Dept. DanKook University Hospital
Moon Young-du, president, Korean American Partnership Association
Park Jeong-jun, director, External Affairs, ShinHan High School
Shin Chong-sik, Korean National Police liaison officer, Pyeongtaek
Yi Chin-woong, chief, ROK Military Intelligence, Pyeongtaek
Kim Nam-choon, Bio-Resources Dept. DanKook University
Pae Cheong-hann, Landscape Architecture Dept. DanKook University
Choi Jae-goo, principal, Songtan High School
Kim Moon-sook, English teacher, Songtan High School
Kang In-sik, national president, Korean Employee Union
Choe Sang-kyu, president, Korean Employee Union, Pyeongtaek Chapter
Capt. Brian Moore, Headquarters and Headquarters Battery, 35th Air Defense Artillery
Spc. Jeong Hinton, HHB, 1st Battery, 43rd Air Defense Artillery
Cpl. Jung Seung-woo, A Company, 1st Battery, 43rd Air Defense Artillery
Pfc. Kim Hak-seo, HHB, 1st Battery, 43rd Air Defense Artillery
Pfc. Zachary Roundtree, A Company, 1st Battery, 43rd Air Defense Artillery
Pfc. Joshua Marquis, A Company, 1st Battery, 43rd Air Defense Artillery
Capt. John Baker, commander, Headquarters and Headquarters Company, 23rd Area Support Group
1st Sgt. Bob Brown, Headquarters and Headquarters Company, 23rd Area Support Group
Sgt. 1st Class Jimmie Smith, Headquarters and Headquarters Company, 23rd Area Support Group
Spc. Siniva Kiloni, Headquarters and Headquarters Company, 23rd Area Support Group
So Hyon-hui, 23rd Area Support Group
Bill Spearman, relocation assistant, Army Community Services
Sgt. 1st Class Andrew Sinsel, 527th Military Intelligence Battalion
Sgt. Patrick Matranga, 527th Military Intelligence Battalion
Sgt. Patrick O'Conner, 527th Military Intelligence Battalion
Military unit: 527th Military Intelligence Battalion



ROGER EDWARDS

Sharing good conversation and good food during the Area III Good Neighbor recognition dinner June 24 are (clockwise from lower left) Lt. Col. Scott Kubica, 2-52 Multifunctional Aviation Brigade commander; Kasey Lee, Songtan Chamber of Commerce president; Moon Yong-do, Korean-American Partnership Association president; Lt. Col. Gerald Phifer, 527th Military Intelligence Battalion commander; Yi Dong-hoon, People-to-People International Pyeongtaek Chapter president; Hwang Chan-kyu, Shin Han High School principal; and Kim Ki-ho, K-6 Merchants Association president.

Ready, Aim ...

Cub Scout Buck Castle gets a few hands-on tips on making an arrow hit a target from camp staff member, Boy Scout Robert Ahlers, during the week-long Cub Scout Resident Camp at Camp Humphreys June 20 to 24. Thirty-two boys and 20 adults from Yongsan, Daegu and Osan attended the camp. "It's an annual event that we hold at Camp Humphreys because Humphreys has the best facilities and services available," said Peter Vieira, head of the Boy Scouts of America, Far East Council, Korea District. "We camp in the training areas, using tents made available to us and eating meals provided by 3rd Military Intelligence," he said. Boy Scout Camp, held in the same facilities used by the Cub Scouts, started June 26 and wrapped up Friday. "This is fun," said six-year-old Cub Scout Nick Flint, when asked what he thought about camp. "I've only been a Cub for a year and this is my first time at camp."



ROGER EDWARDS

NEWS & NOTES

Camp Humphreys Freedom Fest

The event will take place at the Main Exchange Parking Lot.

Check with Morale, Welfare and Recreation offices, or the Community Activity Center for contest times, details and prizes. Activities include:

Friday

50-Hour Beard Growing Contest
8-Ball Doubles, Mixed Doubles Table Tennis and Foosball

Saturday

Darts Clinic, Doubles Air Hockey, X-Box Marathon, One-Pitch Softball at Soldier's Park (July 2 and 3) Summer Basketball and Racket Ball Tourneys (July 2-4), Chop Stick Skills, BK Wimpy Challenge (Burger Eating Contest), Water Balloon Toss, No-Hands Kimchi Pie Eating Contest, How Low Can You Go Limbo

Sunday

Gaming Challenge – 3-Person Cutthroat Pool, Pocketless Korean Pool, American 9-Ball, Patriotic Movie Marathon, Wrap Your Mummy, Popeye's Wing Challenge, Balloon Blowin, Apple Pie Eating, Humphreys Fear Factor

Monday

5, 10 and 20 K Run
(Register at 7 a.m. Race at 8 a.m.)
Lip Sync Contest, Pepper Eating Contest, Humphreys Trivia, Unit Humvee Pull, Miniature Golf (free), Open Bowling (free), Paintball on the Lemon Lot Course (Gun, protective gear and 50 paintball rounds free).

Tuesday

SUWON HYUNDAI UNICORNS
Professional Baseball

Free box seats, \$10 per person includes transportation, box lunch. Reservations must be made by Monday. See the local CAC for information.

Camps Long and Eagle

Friday

Swim Meet Eagle Indoor Pool

Saturday

Samaksun Holiday Hike, DVD Movie w/popcorn, American Pool, Table Tennis, Darts and One Pitch Softball Tourneys

Sunday

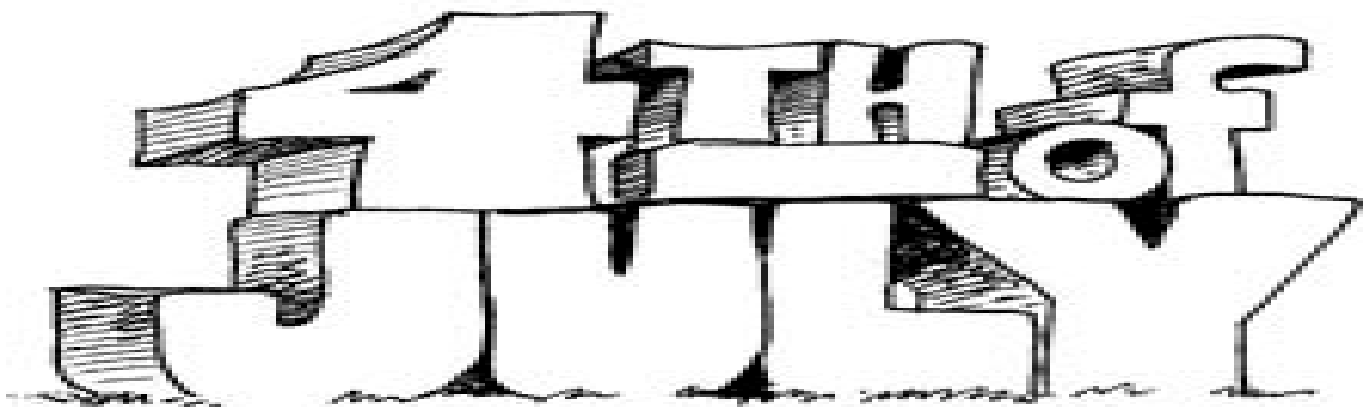
Horseshoe, 4-on-4 Volleyball, Tug-O-War, X-Box/PS2, Chess, Korean Pool, 9-Ball, Spades Tournaments
Big Glove Boxing, Mini-Golf, Jousting Arena, Sumo Suits, Air Bubble Gym, Dunk Tank and Pie Throwing.

The fireworks display will begin at 9 p.m.

EEO/POSH Training

The Equal Employment Opportunity/Prevention of Sexual Harassment training originally scheduled for July 28 has been changed to Aug. 18. Training is held at the Education Center. This is the last training for FY05. For information, call 738-4472.

HAVE A HAPPY!



(From top) Spc. William Leatherbery, Spc. Carlos Escobar, Staff Sgt. Phillip Howell and Pvt. Jeff Dasalla load the last of 46th Transportation Company's furnishings on the last truck to leave Camp Humphreys in their move to their new duty location, Camp Stanley. The 120 Soldiers of 46th Trans. held their official farewell ceremony June 16. "They have done a remarkable job," said Capt. Stephen Anderson, company commander. "They've made this move happen, packing up all company and personal gear and getting it all moved without incident."



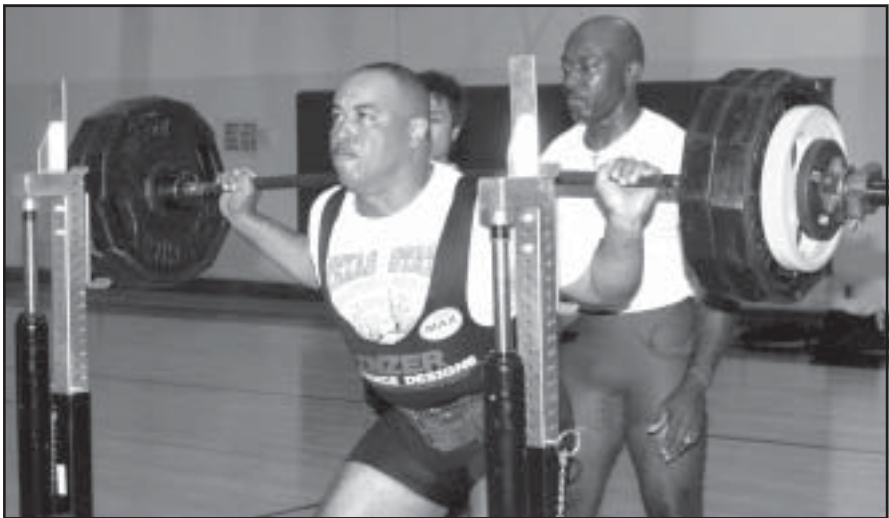
ROGER EDWARDS



ROGER EDWARDS

Better Opportunities for Single Soldiers held the second block party of the summer Saturday in the Camp Humphreys Community Activity Center parking lot. Games, barbecue, beverages and music attracted passersby to the event with around 150 answering the call. The next party is currently scheduled at the walk through gate July 30.

The bar takes on a perceptible curve as Calvin Thompson, assisted by Swindell Autry, goes into his initial squat with 550 pounds at the Area III Powerlift weightlifting competition Saturday. Top finishers were: Thompson at 1,500 pounds for the squat, bench press and deadlift; Autry at 1,420 pounds; Jeremy Johnson, 1,340 pounds; Jessie Dixon at 1,335 pounds; Mario Carranza at 705 pounds; Keith Bailey with 575 pounds; Eusebio Lopez with 525 pounds; Debbie Shelton at 355 pounds; Kirk Werherbee at 315 pounds; and Mike Sullivan at 205 pounds.



ROGER EDWARDS



ROGER EDWARDS

The kindergarten to second grade class at Camp Humphreys "Vacation Bible School" shout out what they've learned during the school's final rally Saturday, June 25. After the rally, VBS staff, students and parents gathered for a cookout on Freedom Chapel grounds. The school, a full week long, had 44 students from kindergarten through sixth grade in attendance.

It's a good neighbor kind of thing

By Susan Barkley

Area III Public Affairs

CAMP HUMPHREYS -- Approximately 300 Soldiers, many wearing unit T-shirts and carrying guidons, gathered at the pedestrian gate at Camp Humphreys early

Saturday. They were preparing for an assault. The assault began shortly after 9 a.m. as Soldiers and civilians streamed through the gate to meet their 100 civilian partners in the campaign to clean up Anjung-ri.

Litter, trash and debris were the enemies the small army faced. Armed with blue trash bags, gloves and long tongs, the attack began in earnest and the battle ended by 11 a.m. at the Nongsung Fortress with a cookout

featuring hamburgers, hot dogs, kimchi and yaki mandu.

Yi In-chaе, Paengsung County mayor was satisfied with the clean up.

"We really appreciate good neighbor programs like this," he said. He added that he hopes to make this an annual event. Yi also expressed his thanks to Brig. Gen. Steven M. Anderson, deputy commanding general, U.S. Forces Korea (Advance Element) and Col. Michael J Taliento Jr., U.S. Army Area III Support Activity commander, for their support in the effort to make the city better and cleaner.

"We go together to make the community better and be good neighbors for each other," he said.

"It's our ville -- we've got to keep it clean," added Sgt. 1st Class Mack Dyer, Headquarters and Headquarters Company, 2nd Multifunctional Aviation Brigade.

Spc. Saidah Cowan, 557th Military Police Company, said the MPs are "out here every day and rely on the professional support of the city and Korea National Police." She added that coming together for the clean up makes it truly one community.

Kirill Shershnev, 9-years-old, and Cody Kubica, 12-years-old, were working alongside their dads, Sgt. 1st Class Michael Mullen, D Company, 2-52 Multifunctional Aviation Brigade and Lt. Col. Scott Kubica, commander, 2-52 Multifunctional Aviation Brigade.

Capt. Nick Smith, C Company, 2-52 General Support Aviation Battalion, and about 20 other Soldiers from the unit participated. He observed that anyone who did not come out for the event, "missed a good opportunity to build relations, do something good and see another side of the community."



PHOTOS BY ROGER EDWARDS

Harry Parent, head of the Area III Directorate of Plans, Training, Mobilization and Security, lays out the plan of attack for volunteers Saturday morning, as they prepare to clean up the town outside the Humphreys gate.



Teamwork makes the job easier, whatever the task might be.



With Soldiers, civilian employees and family members from Camp Humphreys; and Korean merchants, officials and citizens all picking up litter, it seemed cleaners were everywhere.



Cold watermelon was one way to cool down after a morning spent cleaning up the town.



Filled trash bags were dropped off at the entrance of the Nongsung Fortress Park parking lot.



Saturday was a hot day for cooking but hungry people were waiting to be fed after a morning of community clean up.



Hamburgers and hot dogs dominated one food service line, while Korean dishes were served on a second line.



Everyone wanted to get in on the act.

Ad goes here

New course teaches environmental compliance

By Galen Putnam

Area IV Public Affairs

CAMP HENRY – When it comes to taking care of the environment, the best place to start is at the grass-roots level. With that maxim in mind the Area IV Support Activity Environmental Division has implemented a Korea-specific Environmental Compliance Officer Course to ensure each unit has a trained representative to take the lead regarding environmental issues.

The inaugural Area IV ECOC was held at Camp Henry June 20-22 with 36 students. Those students will go back to their units where they will provide basic environmental awareness training for all Soldiers and also ensure environmental considerations are taken into account during all unit operations. According to Area IV Support Activity officials the course will be conducted twice each year to ensure that, with the high turnover rate experienced in Korea, an adequate number of trained environmental compliance officers will be available at all times.

In bygone years, the military earned a reputation of not being particularly conscientious when it came to caring for the environment. In recent years, however, the Army has stepped to the forefront in regards to environmental stewardship by implementing numerous programs to ensure compliance with federal laws and, more importantly, to help conserve our natural resources for future generations.

The environmental compliance officer course is designed to give unit representatives an understanding of



MARK GETTEL

Members of the Camp Walker Fire Station Hazardous Material Response Unit demonstrate a decontamination shower unit on Environmental Compliance Officer Course student Chief Warrant Officer Stephen Kono, Headquarters and Headquarters Battery, 35th Air Defense Artillery Brigade, Osan Air Base.

environmental considerations in military operations; environmental laws regulations and policies; how to document, handle and react to hazardous waste and hazardous material contamination; how to conduct environmental self-assessments and inspections, and much more.

“The important thing I learned in the course was making sure we provide a good environment for the Soldiers. The course provided me a lot of tools to

ensure that we are in compliance with the regulations and we are keeping everyone safe from environmental hazards,” said Master Sgt. Beverly Riley, Headquarters and Headquarters Company, 19th Theater Support Command. “The environment is where we live so we need to take care of it. It is much more difficult to accomplish our mission in a hazardous environment.”

Essentially, graduates of the three-

day course will act as the “eyes and ears” of unit commanders regarding environmental issues according to Robert J. Chartier, chief of the Area IV Support Activity Directorate of Public Works Environmental Division.

“They are the link between the command and the experts at the installation environmental office,” he said. “The intent is not to train them up to be experts on PCBs, hazardous materials, hazardous waste and things like that but to give them enough knowledge to reduce hazards and minimize the unit’s impact on the environment.”

Chartier, who previously served at the U.S. Army Engineer School at Fort Leonard Wood, Mo., the Army’s proponent agency regarding environmental considerations, noted that environmental compliance training was common throughout the continental United States and Europe, and was determined to bring Area IV up to the same level. He pointed out the Engineer School had developed a generic Web-based course but it didn’t really suit the needs of Soldiers here because of the host nation laws and sensitivities.

“Our end state here in Korea is to use the online course to get all of the administrative and general material out of the way then conduct anywhere from a one to three day course here on just the Korea-specific items,” he said.

Bruce Travis, a training developer with the Directorate of Environmental Integration at the U.S. Army Engineer

See **Environment**, Page 28

Independence Day activities abound throughout Area IV

Camp Carroll, Today

- ❑ Independence Day Picnic (free), 11:30 a.m., CAC

Camp Hialeah, Saturday

- ❑ Firecracker Fun Run, 9-10 a.m., Fitness Center
- ❑ Family Games, 11 a.m.-4 p.m., Busan Pub
- ❑ Inflatable Games, 11 a.m.-4 p.m., Busan Pub
- ❑ Train Rides, 11 a.m.-4 p.m., Busan Pub
- ❑ Softball Tournament, 11:30 a.m., Fitness Center
- ❑ Barbecue, 11:30 a.m.-3 p.m., Busan Pub
- ❑ Live Band/DJ, noon -4 p.m., Busan Pub
- ❑ Beach Volleyball, 1 p.m., Swimming Pool
- ❑ Pool Tournament, 1-2 p.m., CAC
- ❑ Tug-of-War, 1-2 p.m., Custer Field
- ❑ Old Fashion Picnic Games, 1-3 p.m., Busan Pub
- ❑ Horseshoe Tourney, 2-3 p.m., CAC
- ❑ Water Basketball, 2:30 p.m., Swimming Pool
- ❑ Foosball Tournament, 3-4 p.m., CAC
- ❑ Racquetball Tournament, 4 p.m., Fitness Center



GALEN PUTNAM

Contestants duke it out at the 2004 Liberty Fest boxing smoker at Kelly Fitness Center on Camp Walker.

- ❑ Dart Tournament, 4-5 p.m., CAC
- ❑ Karaoke Contest, 5-9 p.m., Busan Pub

Camp Walker, Monday

- ❑ Firecracker Fun Run, 8 a.m., Kelly Field
- ❑ Sand Pit Volleyball Tournament, 11 a.m., Kelly Field

- ❑ 3-on-3 Basketball Tournament, 11 a.m., Youth Services basketball court
- ❑ 800 Meter Relay Race, 1 p.m., Kelly Field
- ❑ Rumble on the ROK Open Boxing Competition, 3 p.m., Kelly Fitness Center
- ❑ Community Barbecue, 11:30 a.m.-8 p.m., Kelly Field
- ❑ Live Band & DJ, 1-6:45 p.m., Kelly Field
- ❑ Carnival Games, 1-7 p.m., Kelly Field
- ❑ Children’s Ballet Demonstration, 1-1:30 p.m., Kelly Field
- ❑ Family Games, 1:30-2 p.m., Kelly Field
- ❑ Old Fashioned Picnic Games, 2-3 p.m., Kelly Field
- ❑ Celebrity Concert featuring Shaggy, 7-9 p.m., Kelly Field
- ❑ Autograph Session and Grand Prize Give Away for two round trip tickets to anywhere in U.S., 9 p.m., Kelly Field
- ❑ Fireworks Display, 10 p.m., Kelly Field (rain date Tuesday, 9:30 p.m.)

NEWS & NOTES

YS Summer Camps

Four middle school camps will be offered to 6th - 8th grade students this summer. Camps are one week long and each costs \$25, including morning snacks and field trip fees. Camps include: All About Fashion, July 11-15; Soccer Camp, July 18-22; Basketball Camp, August 15-19; Golf Camp, August 22- 26. For information, call Victor Taitano at 764-5721.

Junior Golf Program

The Evergreen Golf Club will conduct its 2005 Junior Golf Program July 11-15 for golfers age 5-17. Registration and payment of fees will take place 5:30 p.m. July 8 at the Evergreen Golf Course Pro Shop. Registration fee of \$25 includes instruction, amenities bag, awards and party. For information, call Ray Cragun at 764-4601 or the Golf Shop at 764-4628.

Head Start Class

The 19th Theater Support Command is sponsoring a Head Start class July 20-22 for all area IV Soldiers and spouses. The program includes 2 days of classroom instruction on Korean culture and language and 1-day tour. Registration is due to July 15. For information, call Stephanie Hendrix at 768-8596.

ACS Birthday Celebration

Army Community Service will celebrate its 40th birthday 11:30 a.m.-1:30 p.m. July 25 at the Camp Henry ACS, Bldg. #1103. For information, call Kiya D. Reed at 768-7610.

Sure Start

The Taegu American School Sure Start program is accepting applications for fall 2005. Children must be four years of age or older by Oct. 31. Applicants must be military command sponsored and have ranks between E-1 and E-4. Class size is limited. Applications are due by Aug. 5. For information, call the school at 768-9501.

Camp Carroll Pool Hours

Hours for the Camp Carroll indoor pool are 5:30 a.m. - 8 p.m. Monday, Tuesday, Wednesday and Friday. Outdoor pool hours are 11:30 a.m. - 4:30 p.m. daily. For more information, call Mark Juliano 765-8118.

Rape, Drug and Fraud Awareness Briefings

The 20th Military Police Detachment (Criminal Investigation Division) on Camp Henry offers rape, drug and fraud awareness briefings upon request. All commanders and first sergeants are encouraged to schedule these briefings for the unit. To schedule a briefing or for information, call James Seaton at 768-8225.

Soldiers experience live fire exercise

Sgt. Jimmy Norris

19th Theater Support Command Public Affairs

RODRIGUEZ RANGE – Wordlessly, weapons at the ready, a file of troops emerged from the wood line. Their squad leader waved each of them across the bridge and into their individual fighting positions using hand and arm signals to maintain noise discipline.

Almost as soon as the Soldiers found their way into the fighting positions, a blaring alarm sounded. Coupled with yellow smoke, the alarm signified a toxin in the air.

“Gas! Gas! Gas!” cried each of the Soldiers as they donned their masks and began decontamination procedures.

So far there were still no casualties, but the gas was only the first threat the Soldiers would face during their live-fire perimeter defense exercise at Rodriguez Live Fire Complex June 5-11.

Before the day was over, the Soldiers would face sniper fire and a full-blown attack by enemy forces.

Eight squads from Headquarters and Headquarters Company, 19th Theater Support Command, and the 55th Theater Materiel Management Center participated in the exercise. While live-fire exercises are pretty common in Korea, it was a first for HHC, 19th TSC.

The purpose of the exercise, said HHC, 19th TSC Commander Capt. Jibraun Emerson, was to validate Soldiers under simulated battlefield conditions on their ability to defend a perimeter against enemy attack.

While there are six battle drills associated with perimeter defense, Emerson explained, the Soldiers of HHC, 19th TSC focused on the three most closely associated with the unit’s mission essential task list – react to nuclear, biological and chemical attack, react to sniper fire and react to enemy contact. The three battle drills consisted of multiple tasks. The Soldiers had to prove their proficiency at each of them during the exercise.

The Soldiers’ tests included request



PHOTOS BY SGT. HWANG KYOO-WON

Spc. Neketa Gundy, Headquarters and Headquarters Company, 19th Theater Support Command, takes aim as her squad leader identifies a target reference point during the live-fire exercise.

medical evacuation, submit an intelligence report and evacuate a casualty. Squads were under constant simulated enemy fire and under the threat that observer-controllers would declare members of the squad dead, while performing their tasks.

In some cases they even killed squad leaders, forcing assistant squad leaders to fill the position.

Emerson explained that this was all to make the training more realistic and highlight the importance of the exercise.

“It is extremely important that each and every Soldier consider themselves riflemen first. Recent events in [Operation Iraqi Freedom] highlight how important it is for all Soldiers to be proficient in basic battle tasks and to be able to collectively employ those tasks to ward off attacks against our convoys and our perimeter. There is no better time than now. Now prepares us for tomorrow,” Emerson said.

The chance to employ tasks collectively, was what many thought was the most beneficial part of the exercise.

“It was a good experience for me,” said Sgt. Lee Seung-hoen, HHC, 19th TSC. “While we can learn a lot in the rear, we don’t get the opportunity to fire our weapons or to see how all of those



Pfc. Tracyann Ellis, Headquarters and Headquarters Company, 19th Theater Support Command, pulls security on a bridge while members of her squad cross it on their way to positions along the perimeter.

individual tasks work together.”

Lee was a team leader for the Information Management (G-6) squad during the exercise, and said that one of the most important challenges he faced, was the task of keeping his Soldiers motivated throughout the exercise. He accomplished this by constantly reminding them of the incentive that Emerson had in place for the best squad – 30 days exemption from the duty roster.

But motivation, Emerson said, wasn’t a problem.

“The best part of this exercise was seeing the Warfighter in each Soldier expose [emerge]. Each day I saw the confidence grow in our young leaders of tomorrow. Soldiers want to train and I want to see them trained,” he said.

While the exercise only lasted seven days, the Soldiers will carry the lessons they learned throughout their military careers. More importantly, they’ll carry this training on to the next exercise, which Emerson said is scheduled to take place in early August. Emerson said the next exercise will build on the skills Soldiers learned during this live-fire perimeter defense exercise.



Sgt. Lee Han-jae, Headquarters and Headquarters Company, 19th Theater Support Command, empties his canteen in an effort to stave off the heat during the unit’s perimeter defense live-fire exercise June 5 – 11 at the Rodriguez Live Fire Complex. An assistant squad leader for the 2nd Platoon’s 2nd squad, Lee also had to ensure his Soldiers remained hydrated throughout the intense training.

36th Sig. Bn. welcomes new commander

By Pvt. Park Kwang-mo
Area IV Public Affairs

CAMP HENRY – Lt. Col. Michelle P. Bolinger relinquished command of the 36th Signal Battalion to Lt. Col. Aaron A. Webster at a change of command ceremony June 22 at Camp Walker’s Kelly Field.

Webster’s previous assignment was at Fort Hood, Texas, where he served as operations chief of the III Corps Directorate for Command, Control, Communications, and Computer Systems. He also deployed in support of Operation Iraqi Freedom during that assignment.

Bolinger returned to the 516th Signal Brigade, Fort Shafter, Hawaii, as the deputy brigade commander, where she served as the operations staff officer 2002-2003.

Webster graduated from Florida A&M University with a bachelor’s degree in computer science in 1987 where he received a commission in the Signal Corps through the Reserve Officer Training Corps.

Webster started his military career as a platoon leader in the 267th Signal Company, 73rd Signal Battalion, Pirmasens, Germany. While in Germany he also served as assistant operations officer of the 73rd Signal Battalion and commander of the 270th Signal Company, 160th Signal Brigade.

In addition, he served as battalion signal officer with the 1-66th Armored Battalion, 2nd Armored Brigade, Fort Hood, Texas; battalion communications officer, 1st Battalion, 52nd Aviation Regiment, K-16 Air Base, Seoul, Korea; brigade communications officer, 2nd “Blackjack” Brigade, 1st Cavalry Division, Fort Hood, Texas; communications officer of the 13th Corps Support Command Fort, Hood, Texas and as

executive officer of the 57th Signal Battalion, 3rd Signal Brigade, Fort Hood, Texas.

He received master’s degree in computer resource and information management from Webster University. He is also a graduate of the Command and General Staff College, Fort Leavenworth, Kan.

His awards and decorations include the Bronze Star Medal, the Meritorious Service Medal with two oak leaf clusters, the Army Commendation Medal with two oak leaf clusters, the Army Achievement Medal with two oak leaf clusters, the National Defense Service Medal, the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, the Korean Defense Service Medal, The Armed Forces Reserve Medal, the Army Service Ribbon and Overseas Service Ribbon.

The 36th Signal Battalion provides strategic communications and support to Areas III and IV in Korea.



SEBASTIAN SCIOTTI
1st Signal Brigade Commander Col. LaWarren V. Patterson (right), passes the 36th Signal Battalion colors to incoming commander Lt. Col. Aaron A. Webster at the unit’s change of command ceremony on Camp Walker’s Kelley Field June 22.

NEWS & NOTES

TECH Help

If you are experiencing computer problems at work, the Korea Theater Support Center can solve your technical issues. Dial TECH (8324) from any DSN phone for technical support. For information, call 2nd Lt. Frank Barrell at 764-4433.

RESUMIX Training

The Employment Readiness Program at the Camp Henry Army Community Service is offering hands-on RESUMIX training. For information or an appointment, call Lettie Villarosa at 768-7951.

Travel Voucher Submission

Travel vouchers submitted to any Area IV finance office must include the original voucher and one copy. For information, call Staff Sgt. Stacy Drexel at 768-6125.

Warden Cell Phone Messages

The U.S. Embassy is launching a new way to inform American citizens of security related matters. Any security related information such as warden messages, travel warnings, and public announcements can now be sent to cell phones as text messages. To receive a text message on your cell phone, visit www.askconsul.org and type your cell phone number, choose “subscribe” and press “submit.” For information, send an e-mail to seoul_acs@state.gov.

Camp Walker Dental Clinic

The Camp Walker Dental Clinic has relocated inside Wood Medical Clinic due to renovation. The dental clinic will remain inside Wood Clinic for the duration of the renovation, expected to be completed Jan. 2006. For information, call Staff Sgt. Doricina Hendricks at 764-4307.

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Dunn takes charge of Combat Support Coordination Team #2

By Pvt. Park Kwang-mo

Area IV Public Affairs

CAMPHENRY – One of the peninsula’s most unique units, Combat Support Coordination Team #2, welcomed a new leader as Lt. Col. Kevin D. LeFever passed the colors to Col. Gracus K. Dunn, symbolizing the transfer of command responsibility at a change of command ceremony June 16 at the Small Parade Field, on the Second Republic of Korea Army Compound in Daegu.

CSCT #2 is a multi-composition, joint, and combined organization with wide-ranging responsibilities.

Dunn comes from the Pentagon where he was division chief for Strategic Plans, Exercises, Concepts and Force Integrations, Office of the Deputy Chief of Staff for Logistics. He replaces Col. Charles Hash who departed May 15 for his next assignment as deputy chief of staff, Office of the Chief, U.S. Army Reserve at the Pentagon. LeFever had been serving as acting commander and will return to his position as deputy commander.

Dunn entered active duty as a commissioned transportation officer in 1982. His military career includes a variety of command and staff positions,

including several international peacekeeping operations. He deployed in 1993 with the 10th Mountain Division Task Force to Mogadishu, Somalia for Operation Restore Hope, and later served with the United Nations Logistics Support Command-Somalia. He deployed again in 1994, serving both in Saudi Arabia and Kuwait with the Third U.S. Army for Operation Vigilant Warrior. In 1998, he deployed to Sarajevo, Bosnia, in support of Operation Joint Forge, where he was dual-hatted as the NATO liaison officer and brigade assistant operation staff officer for the newly formed Multi-National Specialized Unit structured around the Italian’s “Carabinieri” para-military police force.

Dunn earned his Bachelor of arts degree in Music from Arkansas Tech University in Russellville, Ark.

His military education includes the Transportation Officer Basic and Advanced courses, Fort Eustis, Virginia; Combined Arms Staff School and Command and General Staff College, Fort Leavenworth, Kansas. He also has a masters of arts in strategic studies from the Army War College, Carlisle Barracks, Pa.

His awards and decorations include the Defense Meritorious Service Medal, Army Meritorious Service Medal with two oak leaf clusters, Joint Service

Commendation and Achievement Medals, Army Commendation Medal, Army Achievement Medal, Air Force Achievement Medal, Southwest Asia Service Medal, Armed Forces Expeditionary Medal, Armed Forces Service Medal, NATO Medal, the Joint Meritorious Unit Award and the Army Staff Badge.

The host of the ceremony was Maj. Gen. James A. Coggin, assistant chief of staff CJ3, United States Forces Korea.

Combat Support Coordination Team #2’s mission is to provide the coordination link between Combined Forces Command, United States Forces Korea, the Second Republic of Korea Army, and the service components; to facilitate U.S. combat, combat support, and combat service support, operational planning and execution during armistice; to provide key command staff sections with linkage to the Second Republic of Korea and the Combined Rear Area Coordinator; to support the Combined All Source Intelligence Center during contingencies and hostilities with a focus on reception, staging, onward movement, and integration and force protection.

“I look forward to working with the SROKA command and above all taking care of our soldiers and their families,” Dunn said.

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Environment

School, was brought in to help develop and instruct the Korea-specific portion of the class.

“It is important we work with the local communities here in Korea and have a good working relationship with them so if there is a release or spill on the installation we can let them know what is going on and what we’ve done

to correct the situation,” he said. “The environment is every Soldiers’ business. Everybody needs to step up and do what’s right to protect the environment. It’s not just for us or for the Koreans, it’s for our future generations who will live and thrive on the Earth.”

Students were eager to put what they learned to work.

“The first thing I’m going to do is conduct an assessment of the unit to see where we’re at because we haven’t had an environmental compliance officer since I’ve been here. When I identify what we need to do, I’ll establish a timeline to determine when things will get fixed, said Staff Sgt. Dean Vaughn, 55th Theater Materiel

Management Center. “The Army is getting smarter about doing things. For example, with this training we are learning to appreciate the environment more and appreciate the impact we have on the environment. Conversely, we are learning how environmental hazards can impact mission accomplishment.”

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화를 이겨내는 방법

상병 서기철

현대인들은 과다한 스트레스 속에서 살고 있다고 해도 지나친 말은 아니다. 그렇기 때문에 스트레스야말로 모든 병의 근원이며, 가장 고질적인 질병이라고 할 수 있다. 화병은 우리나라에서만 볼 수 있는 독특한 정신질환이다. 오랫동안 분노를 억제하는 것은 한국적 정서인 한(恨)과도 밀접한 연관이 있어, 화병은 1995년 미국정신의학회에서 '한국민속증후군(hwabyung, anger syndrome)'이란 학술용어로 정식 규정됐다.

■ 화의 대표적인 증상

심리적인 쇼크나 정신적인 갈등에 의해 일어나는 화는 분노, 걱정, 불안 등의 감정과 스트레스가 지속되면 자율신경의 조절능력이 상실되면서 다음과 같은 증상이 나타난다.

심장이 뛰고 가슴이 답답하거나 식욕부진, 목에 무엇이 낀 것 같은 느낌, 뒷목이 항상 빠근한 느낌, 전신통증, 얼굴이 화끈거림, 식은땀, 흥통 등이다. 또한 머리가 자주 아프고 어지러움과 함께 별일도 아닌데 깜짝깜짝 잘 놀라는 증상이 수반된다.

며칠동안 잠도 오지 않고 병원에서 종합검진을 받아봐도 이상이 없다는 말만 듣는다. 이런 현상이 한의학적으로 화병이다. 화병은 경제침체 이후의 경제적, 정치적인 변화와 빈부의 격차로 인해 오는 자괴감, 무력감, 근심 등과 맞물려 과거 여성에게 주로 나타났던 것에 비해서 가족 구성원 전체에 걸쳐 급증하고 있는 추세이다.

■ 화의 근본적인 원인은 만성적인 스트레스

화는 생활에서 겪게 되는 강한 스트레스에 대해 분노 반응을 보이는 것으로 분노를 직접적으로 표현하지 않고 무의식적으로 억압한 결과 이것이 신체적인 증상으로 나타나는 것이다.

화의 원인은 주로 대인관계에서부터 비롯되는데, 건강한 사람보다는 신경이 예민한 사람, 무력체질로 불안정하고 신경질적인 사람, 심신의 과로, 정신쇼크, 내분비 장애 등으로 인해 발생한다.

또 다른 요인으로는 배우자 혹은 시댁식구들과의 갈등이 가장 많고, 이밖에 재산상의 손실, 가난 등 경제적인 요인, 자녀문제로 인해 고민, 가족의 사망, 각종 불만 등이 꼽히고 있다.

또 여성에 있어서는 시댁식구와의 갈등, 남편의 음주, 폭행, 외도 등이 많으며, 남성에 있어서는 직장 동료나 상사와의 갈등이 가장 많다.

■ 화병, 그냥 넘기면 심각한 질병으로 발전

화병은 정신적인 문제에서 출발하지만 점점 신체적인 증상이 다양하게 나타나므로 빨리 병을 인식하

고 대책을 세우는 것이 현명하다. 이 화병을 그대로 방치할 경우 점차 병세가 깊어져 난치병인 갑상선 기능항진증이나 당뇨, 고혈압, 중풍, 심장병 등의 난치성 질병이 나타나기 때문이다. 다른 질환과는 달리 화병은 환자 자신이 직접 표현하는 경우가 많지 않고 표현하더라도 신체적인 증상에만 치우쳐 내과 등의 진료만 생각하는 사람이 많다.

한방에서는 화병을 병명위주의 치료가 아니라 증상을 중심으로 치료하고 있는데, 치료방법은 환자의 심리상태에 따라 맞춰 있는 고민이나 욕구 불만을 해결하거나 건전한 방향으로 유도하는 면접치료와 약물이나 침치료 등을 이용하여 열(熱)을 내려 주고 울체된 기(氣)를 소통시켜 주면서 정신을 안정시킨다. 이러한 방법으로 긴장되고 불안정한 심리를 안정화시키는 방면으로 치료를 하여 증상의 해소와 함께 건전한 마음가짐으로 건강한 생활을 유지 할 수 있게 한다.

■ 화병을 이겨내는 방법

화병은 치료도 필요하지만 예방하는 것이 더욱 중요하다. 또한 화병을 앓고 나서 치료가 된 이후에도 병의 재발을 방지하기 위해서는 예방법은 필수적이다. 다음과 같은 몇가지 사항을 염두에 두고 생활하는 것이 좋다.

01. 화가 난다고 화를 바로 폭발하지 말아야 한다. 또 다른 화를 부를 수 있다.

02. 화를 참기만 하지 말고 표현할 줄 알아야 한다. 화를 계속해서 참는 것은 바람직하지 않다.

급작스런 화가 가라앉은 후에는 대화를 적극적으로 시도해야 한다.

03. 자신이 하는 일에 자부심을 가지고 있어야 한다.

화병을 앓고 있는 사람이 가지기 쉬운 것이 자신이 다른 사람의 희생양이라는 생각이다. 즉, 자신은 어쩔수 없다는 생각이다.

우선 자신이 하고 있는 사소한 일부터 자부심과 자신감을 가져야 한다.

04. 화를 가지고 잠자리에 들지 않아야 한다. 스트레스를 받은 경직된 상태에서 수면을 취하게 되면 스트레스가 체내에 쌓이게 되고, 다음날까지도 그 스트레스는 연결이 된다.

되도록 그날의 스트레스는 그날 풀도록 한다.

05. 자신에 맞는 운동이나 취미를 지속적으로 해야 한다. 화에 대한 저항력은 결국 건강한 육체와 정신에서 비롯되므로 미리 자신의 육체와 건강을 튼튼히 하는 것이 중요하다.

06. 항상 긍정적인 생각을 해라. 본인의 입장 뿐만 아니라 상대방의 입장에서 생각을 하는 것도 중요하다.

This article is about
"Tips to control Anger".

Learn Korean Easily



Language Instructor
Minsook Kwon



"Janhg-mah-choel
oen-jeh eem-nee-ggah?"
"When is a monsoon season?"

Single Consonants													
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ	ㅍ	ㅎ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t	p	h
Double Consonants													
ㄲ		ㄸ			ㅃ			ㅆ				ㅊ	
gg		dd			bb			ss				jj	
Single Vowels													
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ				
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee				
Double Vowels													
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ				
eh		yeh		weh	wah	wuh	wee		ui				

Word of the week

장마 ㅈ ; j, ㅏ ; ah, o ; ng /
ㅁ ; m, ㅏ ; ah
'jahng-mah' monsoon

The phrase of the week

"It will be monsoon soon."

곧 장마입니다.

Goht jahng-mah eem-nee-dah.

soon

monsoon

It will be

Conversation of the week

날씨가 무더워요.

It is extremely hot.

Nahl-see-gah
moo-doe-woe-yo.

장마 때문입니다.

Because it is monsoon season.

Jahng-mah
ddeh-moon-eem-nee-dah.

다 눅눅해요.

It is humid.

Dah nook-nook-heh-yo.

(모기)도 많아요.

Also there are many (mosquitoes).

(Moh-gee)-doh
mah-nah-yo.

소독하세요.

You may need to sanitize.

Soh-dohk-hah-seh-yo.

네.

All right.

Neh.

(파리) (pah-ree) (flies)
(벌레) (boel-leh) (bug)

Share this column with a Korean co-worker.